

OPEN HOUSE

- * Sign up - New Fall classes
- * Beginners
- * Advanced
- * Raffle
- * Refreshments
- * New student special
- * Fun sample classes

	Tuesday, 8/22	Wednesday 8/23
4:00pm	Your Choice	Just Move!
4:30pm	5 ways to use the block	5 stretches for your back
5:00pm	Intro to Meditation	Daily routine for ease in life
5:30pm	kundalini	Love the pose you hate
6:00pm	Beginners	Yoga therapy for feet
6:30pm	Deepen your practice	Kundalini
7:00pm	Just Move!	Beginners
7:30pm	Daily routine for ease in life	Deepen your practice
8:00pm	Love the pose you hate	Nutrition - No Confusion
8:30pm	Cleanse and Panchkarma (PK)	Intro to Meditation



Aug 22-23rd, 4-9pm

**The Yoga School Of Milford
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