



Yoga for Health...

Yoga for Healing...

Description: How we approach our yoga practice has everything to do with what we receive from the practice. This workshop will help to empower you to better understand what yoga can do for you personally.

What: Workshop with Drema Lindie

When: Saturday, February 25, 2012

Where: Shakti Yoga Center
3 Victory Blvd (718)442-9400

Time: 3pm - 5pm

Cost: \$25 pre-registration/\$30 at the door

Registration Form:

Name: _____

Date: _____

Phone/Email: _____

Amount Paid: _____