


There is space for you in this class! Please arrive 10-15 minutes early.
is a drop in style class \$14 - no need to sign up online.
You may also buy a class package from the teacher.

credit cards, cash and checks accepted.



beginner yoga
ANATOMY & YOGA
with Catherine Halcomb LaBarbera
Wednesdays, 8:30-9:45am



ANATOMY & YOGA

Months of March & April 2016
Wednesdays, 8:30-9:45am

Join Catherine @ the Yoga Shala for an inspiring look at Yoga from the inside out.

This class will discuss the inner workings of Asana and how certain sequences can target the most common obstructions in the body. We will take a muscular-skeletal view to the work in class and discuss – correct positioning and action within the practice. Be prepared to engage in yoga practice and discussion. Feel free to bring a note pad.

This class is recommended for All Levels of student, teachers and beginners welcome!

Studio Address:
2074 Parker Street
San Luis Obispo, Ca

