

TWO DOG YOGA PRESENTS:

INTRO TO YOGA

A 6-WEEK CLASS SERIES

Wednesdays, 6:30-8 PM

Little Two Dog

April 29—June 3 * with Wendy Groesbeck



- *Take the first step into Hatha Yoga in a safe & supportive environment.*
- *This course prepares students to join a Level 1 class with confidence.*
- *Class size is limited so that each student receives personal attention.*

Two Dog Yoga, located in the heart of Lake City, offers classes in yoga, qigong, meditation, voice and other disciplines to support health and well-being.

6-Class Series \$108 * Pre-registration Required