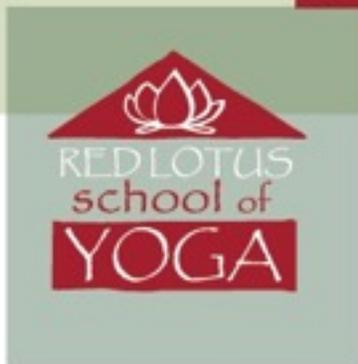


*Find your path
beyond the asana*

YOGA LIFESTYLE
TEACHER & TRAINING



Information Night
with Brian Granader

& Brandi Vander Eyk

IF YOU'VE EVER THOUGHT OF TAKING
YOUR PRACTICE TO THE NEXT LEVEL,
come to Short Form Ashtanga as my guest,
and afterward I will host an informal discussion
of the Yoga Lifestyle and Teacher Training
course. Come see if it's right for you!

Thursday September 8.

*Attend class from 7-8 and join us for a Q & A
about our TT program after*

BRIAN GRANADER
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