INTRODUCTION TO YOGA SERIES

(Thursdays, 6:00 pm - 7:15 pm, January 10 - February 14 @ Orcas Mandala Yoga Studio)

NEW TO YOGA?? Join a 6-week Intro to Yoga class and feel great! Learn the fundamentals and get started on the path of yoga to enhance your health and well being. If you have never done yoga before, have been away from your practice awhile, or if you simply enjoy the pace and time these classes meet, this is the class for you! Open to All Levels. $60, Pre-register. 138 North Beach Rd.

INFORMATION: orcasmandala.com

ORCAS MANDALA
YOGA & BODYWORK STUDIO