



Your Neighborhood Yoga Studio

2018 Classes

3rd Mondays • 6:00-7:30pm

Candlelight Restorative Yoga Workshop \$25

Restful, relaxing, rejuvenating supported poses
No experience necessary.

Tuesdays • 9:30-10:45am

Hatha Yoga Level 1-2: (3 months+ experience)
Focus on flexibility, strength, balance & breath

Tuesdays • 12-1pm

Yoga for All

Wednesdays • 8-9:15am • Hatha Yoga Level 1-3
(6 months+experience) Focus on flexibility,
strength, balance, agility & mindfulness

Thursdays • 12-1:15pm

Yoga for All

Private Yoga • by appointment

Call or Text Susan
(510) 421-5081 \$60/hr

5 Class Package

\$80; Drop In \$17

Susan Urquhart-Brown

Certified Yoga Instructor

www.anjoriyoga.com

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