

# yoga the essentials

an introduction to yoga workshop  
saturday march 27 2-4 pm at the downtown yws

Need to learn how to relax,  
strengthen, stretch and calm your mind?

with  
gabriel hall

Yoga the Essentials offers the beginner a place to start. This relaxed, informative movement based workshop will focus on some of the primary aspects of yoga. Many of the basic asanas (postures) that are likely to be practiced in classes are introduced here. Questions are encouraged. This workshop is good for current students who want a refresher course covering the basics or for a beginning student just starting to practice.

The cost of the workshop is \$25.00 pre-registration and \$35 at the door. All workshops are open to anyone. You may sign up in advance or on the day of the workshop. If you would like to pre-register to guarantee yourself a space at any workshop you may do so at Yoga World, on line at [yogaworldstudio.com](http://yogaworldstudio.com) or you may call the studio coordinator at 562.260.9402.

