

July 12, 2008, Saturday, 1:00 to 3:30
\$25 or bring a friend for \$20 each.
Fort Bragg Yoga Studio 426 S. Franklin St. FortBraggYogaStudio.com

filis YOGA

b r e a t h e ... **Stretch** ... *R e l a*

x . . .

Enjoy the simple pleasures of Yoga.

Have a good time & come away happy.

Get into the basics to learn the *fundamentals*.

Connect the dots:

The hip bone IS connected to the thigh bone,
and every place else in your body.

BIO

filis Rose: Breathing since 1935.

Practicing yoga since 1975.

"It's gotten to be a habit with me."

I do a routine of a continuous flow of yoga postures that
incorporates
the complete body, including POWERFUL full-body breathing.
This has worked very well for me and
I enjoy teaching and sharing it with others.

IT'S SHORT, SWEET, & HIGH-POWERED

707.964.6913

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YOGA STUDIO

426 S. Franklin Street, Fort Bragg, CA 95437 - 707.962.0356 - www.FortBraggYogaStudio.com