

YOGA

When you attend a yoga class you'll be invited to enter into sacred space where your awareness of the presence of the Holy will deepen and you can open yourself more fully to the Spirit.

Intro to Yoga Free Workshop

Thursday, March 17, 5:00–6 p.m. or

Sunday, March 20, 1–2 p.m.

Introduction to Yoga is an opportunity for you to meet the Journey Center's new Yoga teacher, Courtney Rohan. Courtney will explain the types of yoga offered and allow time for questions and answers before a short practice.

Yoga Flow Classes

Mondays, beginning on March 28, 8:30–9:30 a.m.

(not meeting on May 30)

A dynamic Yoga Flow Class structured to create an idea or feeling within the body with the use of breath, poses, mudras (gestures), mantras (sacred word), and clear instruction.

Practitioners of all levels can enjoy this practice.

Cost: \$12 per class or 4 class card for \$44 (\$4 discount) or 8 class card for \$80 (\$16 discount).

Beginner's Series

Sundays, April 3–May 15, 1–2 p.m. (not meeting on May 8) or Thursdays, April 7–May 12, 5–6 p.m.

For those new to Yoga this practice will focus on basic yoga poses with emphasis on breathwork, standing poses, twists, seated postures, and simple back bends and inversions.

Cost: \$110, includes the 6 Beginner Series classes AND all Monday morning Yoga Flow classes and workshops.

Please wear stretching clothing and bring your own mat to each class. A limited number of mats could be available—let us know ahead of time if you need one. All classes meet at the Journey Center. Call the Journey Center at 707-578-2121 to register. Space is limited.



Courtney Rohan is a certified 200hr Yoga of Energy Flow practitioner. She has a master's degree in education and psychology and has been teaching for over 11 years. She offers various aspects of the yoga practice, all based on attitude, alignment, and then action. This keeps her students happy, healthy, and best of all working towards freedom of body, mind and spirit. Visit Courtney's website: www.courtneyrohan.blogspot.com.

Journey Center, 1601 Fourth Street, Santa Rosa, CA 707-578-2121 www.journeycenter.org