

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.

Yoga Flow Classes

Mondays, July 11- August 29, 8:30 a.m.–9:30 a.m.

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)

Beginner's Series

**Sundays, July 10 through August 21,
3:00-4:00 p.m. (not meeting on July 24)**

Enjoy Beginner's Series yoga foundation workshops along with as many Yoga Flow Classes as you can for 6 WEEKS!!

Learn how to safely move into and out of poses that take your specific needs into account.

Learn yogic breath to help you stimulate, cool and calm your practice.

Learn basic names for poses and how to access them for yourself.

Learn yoga is for YOU and can create more freedom in your body for the other things you love!

Cost: \$180, includes all Monday morning Yoga Flow classes. Early bird special of \$150 for those who sign up by June 30.

Please wear stretching clothing and bring your own mat to each class. All classes meet at the Journey Center. Call 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