

Ashtanga and Hatha

YOGA

C L A S S E S

Instructor: Susannah Yaunt-Torreano

Take an hour, just for you put aside your daily responsibilities and obligations and allow yourself to exist in the moment, face each new challenge at your own pace. It can be as relaxing or strenuous as you make it. For Yoga is not about competition, but it teaches us to surpass our boundaries, both physically and mentally, opening the doors for personal growth.

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INTRODUCTORY SESSION:

7- one hour classes for introducing and learning poses from beginning to advanced levels

\$80.00

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SINGLE CLASSES & PACKAGES:

\$12.00 per class

\$ 50.00 for 5 classes

\$ 100.00 for 10 classes

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For schedules & registration call:

**Susannah at 801-486-6543 or
e-mail: susannah@torreano.us**

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