

Yoga 101

**New to Yoga?
This is your class!**

**Fridays in January - 6, 13, 20, and 27
5:30pm - 6:30pm
4-week course - \$45**

Learn the basics of yoga, and how to do poses safely in a comfortable environment with other newbies. Take notes, ask questions, do yoga.

Pre-registration is required. Fill out form below, or contact info@radyoga.com

**Radiance Yoga 619-299-1443 www.radyoga.com
1612 West Lewis, San Diego, CA 92103**

Name: _____
Email: _____
Phone: _____
Payment: _____

Write debit/credit card number above Expires _____
Or enclose a check payable to Radiance Yoga

Cannot be combined with other offers. Classes non transferable / refundable
Debit/credit cards, cash and checks are accepted

Form and payment can be dropped thru the mail slot in the front door if the studio is closed