

# Yoga 101

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

**4 Fridays in March - 9, 16, 23, and 30  
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 and drop payment and registration at the studio prior to 1<sup>st</sup> class. Series taught by JoAnn

Held at **Radiance Yoga** 1612 West Lewis, San Diego, CA 92103  
619-299-1443 [www.radyoga.com](http://www.radyoga.com) [info@radyoga.com](mailto:info@radyoga.com)

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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