

ABC's of... Yoga Philosophy

With Robin Golt



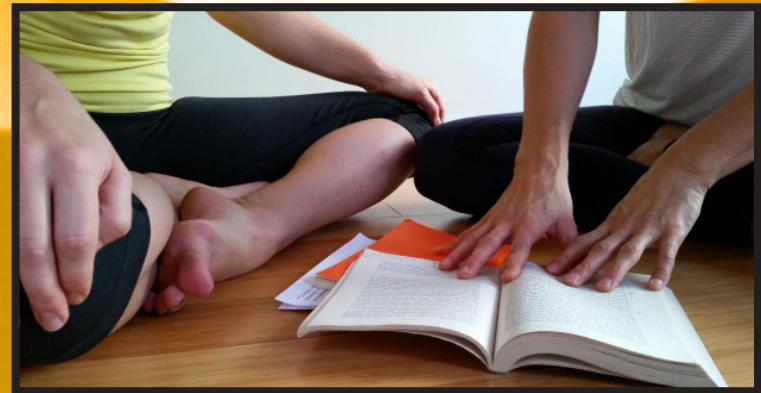
Saturday January 30, 2016

9:30 am - 12:00 pm

Cost: \$45 (members \$40)

Yoga has had a couple of thousand years to develop and refine its philosophies. How do we even begin to understand the finer points of what it has to share with us? How about starting with some basics? Join us as we start to build a foundation of key terms, with the goal of creating a great relationship with the genius of yogic teachings and traditions.

#206, 2016 Sherwood Drive, Sherwood Park



Register

780-416-4211

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