



Bring in the New Year with

HATHA YOGA

WITH

Heather Tawney, CYT

Beginners are always welcome!

Monday Evenings!

6 Class session

\$72.00 for the entire session

\$15.00 per class for drop-ins

January 5 - February 16, 2009

6:30 p.m.

Note: NO CLASS ON JANUARY 12th

BRING YOUR YOGA MAT!!

Heather brings her unique and gentle style of teaching to meet your mind, body and spirit where they are with each practice.

SPONSORED BY INTEGRATED THERAPIES, LLC
9501 OLD ANNAPOLIS ROAD
SUITE 301
ELLCOTT CITY, MD 21042

PLEASE CONTACT HEATHER TO SIGN UP:
(301) 829-6429 OR twinkle417@yahoo.com