

Power²

Kick it up Asana!

with Josh Anchors

Take your practice to the next level!

Join Josh for a 2 hour POWER YOGA workshop during which you will have the opportunity to learn and practice intermediate to advanced postures. Heated. Vigorous.



Date:

Saturday, May 8th

Time: 2-4

Cost: \$30

Deadline (firm) for registration and payment in full:
Wednesday, May 5th

Some prior Yoga experience & sense of adventure strongly suggested!

Checks payable to: Śānti Yoga
10 Hovey's Pond Drive
(978) 352-8787

www.santiyoga.org