



## ADVANCED YOGA: "Refining Your Poses"

A six-week course taught by  
Steve Willis, E-RYT

Tuesdays, 6pm – 7:30pm

January 17 – February 21, 2012

Mind/Body Studio, The Club at Green Valley



*This class is right for you if you have practiced yoga at the Intermediate level for at least six months and are ready to learn more!*

**Club members - \$90** (only \$15 per session!)

**Non-Club members - \$120** (\$20 per session)

**\*\*\*Sign-up at the front desk at The Club at Green Valley\*\*\***

Asana, pranayama, and yoga philosophy will come together in these classes designed to take your practice to help you build greater stamina, deepen your yoga journey, and take your practice to the next level. **Limited to no more than 12 students**, this first six-week session will detail the finer points of a variety of poses—including inversions—as well as explore variations in the postures that will help you discover what works best for your body, mind and spirit.

For additional information about these classes, feel free to contact Steve at [Swillis07@aol.com](mailto:Swillis07@aol.com).