



Elements of Yoga

Hesitant about Yoga?

Try a 3 week Yoga 101 course suitable for those who have had a long lapse & want to catch up, Newbies to Yoga and Everyone

3 classes to introduce you to the benefits of yoga!

2/2/12,	Yoga 101	Focus on Breath, foundation,
2/9/12,	Thursday evenings	organic extension, and individual
2/16/12	Once a week for three weeks	attention

6:00—7:00 pm	Bonus	Limited space, Register online or
\$36	Savings toward your Skin Health	call in.
{ \$30 if registered	and Bodywork	
before 1/26/12}		

Elements and Ethics
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