



yoga matters

“In The Know” Yoga Workshop

Build confidence within your yoga flow
Instruction and inspiration by
Dawn Sharman
hosted by My Yoga Matters

Dawn is combining her professional history through years of being a Registered Massage Therapist and a present day Registered Yoga Teacher. Sessions focus on the break down of yoga practice into simple steps by reducing fear or mental blocks in certain asanas' (poses) and demystifying transitions. Workshop instruction provides a unique opportunity to ask questions while amplifying time to be in-tune with the purpose of your movement.

Each class is 70 minutes featuring discussion, hand-outs, demonstration and practice.

January 18th
February 1st
February 15th
March 1st
March 15th
March 29th

Shoulders
Hips
Back Bends
Sun & Moon Salutations
Arm Balances
Inversions

Times: 4:00 – 5:10 pm
Cost: \$80.00 – 10% discount for members
Location: My Yoga Matters
4114 25th Avenue
Vernon, B.C.
V1T 7G9

Register Now Space Is Limited..

Phone: 778- 475-5555

Email: info@myyogamatters.com

For more information visit www.myyogamatters.com

