



# Deep Core Yoga Intensive Classes



Riders, Hikers, Walkers, Runners,  
Cyclists and other Athletes  
at

## Yoga House at Civano

**Awaken, Engage, and Strengthen  
Your Deepest Core**

### Focus On

#### *Breath*

- Activate from your true center
- Increase efficiency
- Develop deeper lung capacity

#### *Movement*

- Explore Cause and Effect in Mind and Body
- Find fluidity and resilience in Action and Response
- Move from the “bottom of your heart”

#### *Posture*

- Release chronic muscle tension
- Identify your source of movement through stillness
- Learn the nuances of the deep spinal joints and muscles
- Explore the subtleties of the psoas and related deep core muscles



***Saturdays  
Oct. 24 and Nov. 21***

***2-4 pm***

\$24/ class, or take both for only  
\$40.

**Class size is limited  
Please Pre-Register**

contact

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see

***[www.yogahouseatcivano.com](http://www.yogahouseatcivano.com)***  
for location and directions

