



BEAT-THE-HEAT



Deep Core Intensive Yoga Classes



Yoga House at Civano

*Work Deep
in
Cool Comfort*

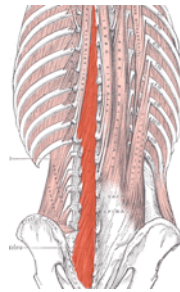
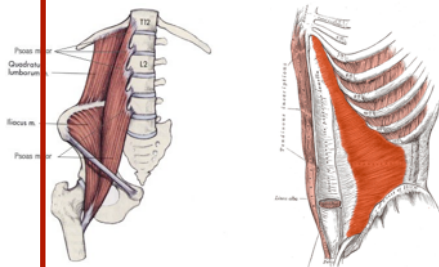
Learn

*Breathing to activate
your Deep Core*

- to increase efficiency of movement
- develop deeper lung capacity.

*Movement to Release,
Awaken, Engage and
Strengthen*

- psoas
- transversus abdominus
- multifidi
- erector spinae and
- other muscles of the deep core



for the

*Rider
Cyclist
Hiker
Runner*

*Adv. Beginner+
Yoga Practitioner*

*Explore Your Deep
Core through Yoga*

Saturdays

June 6

July 11

August 1

1:30-3:30

24\$ per intensive
\$60 for all three

**Class size is limited
Pre-registration required**

To Register

contact

Jenny@deserthorseyoga.com
phone 271-6701

see

www.yogahouseatcivano.com
for location and directions

