



# YOGA 101

Saturday

5/29/10

1-3pm

\$25 / \$20 for  
All New  
Students

Presented by...  
Mary Bruce, RYT



**New Students  
Get \$5 Off!**

## urban yoga

century plaza  
3225 north central avenue  
phoenix, az 85012

register by phone:  
602-277-9642 (yoga)  
by email:  
[Info@urbanyogaphx.com](mailto:Info@urbanyogaphx.com)

If you are a beginning yoga student, have been away for a while, or just want to refine your understanding, this is the workshop for you!

Brush up on **Basic Alignment** to create inner strength, keep your energy flowing, and your body safe as you explore a variety of **Yoga Postures** including **Classic Sun Salutations**.

**Pranayama** (breathing) techniques, **meditation** and the **Philosophy behind the Practice of Yoga** will also be included.

**Recommended for new yoga students  
and current practitioners looking to deepen their understanding.**