

A Sanctuary to Nourish Body, Mind, Heart and Soul

# Let's Yoga

## Gentle Meditative Stretch



**First  
Come !**

**First  
Basis!**

**Maximum  
Space Allows**

**First 15  
Students  
Only!**

**Classes only on  
Tuesdays  
11:50-12:20  
With  
Rod  
Ciocho**

**4 Classes**

**1<sup>st</sup> class on April 9<sup>th</sup>, 2013  
and ..16<sup>th</sup>, 23<sup>th</sup>, 30<sup>th</sup> April, 2013**

**Register at Student Lounge**

**CLASSES @ STUDENT LOUNGE STUDY-ROOM**

**Wear loose Fitting Clothes**