



***Relaxation Plus:  
Summer Svaroopa® Yoga for Chilling Out***

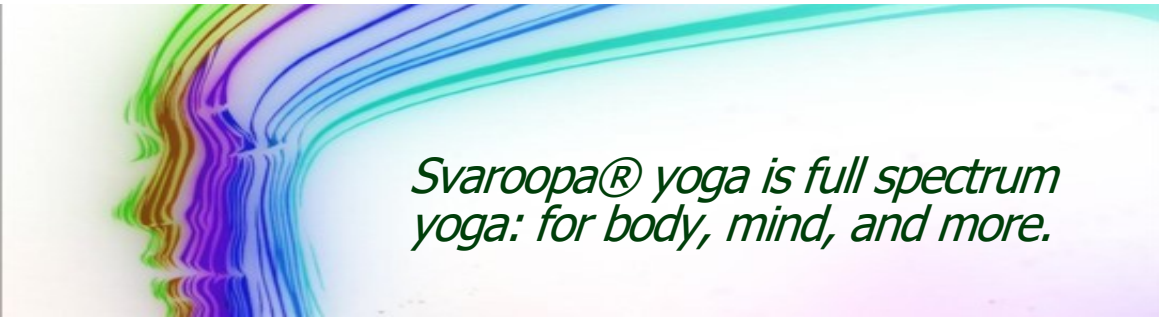
Five Tuesdays July 31 to August 28  
6:30 to 8:00 p.m.  
\$80 for 5 weeks

*A simple, delicious practice suitable for most everyone. Includes guided awareness, longer breathing practice, an easy pose sequence, and a longer relaxation at the end. Handouts will be provided to inspire and inform your home practice.*

This class is for you if:

- Your mind is restless
- Your body is restless
- You need a rest from it all
- You have never done Svaroopa® yoga
- You have done Svaroopa® yoga

Svaroopa® yoga is easy, and the results are profound.



*Svaroopa® yoga is full spectrum  
yoga: for body, mind, and more.*

**THE CENTERED PLACE YOGA STUDIO**

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