

3rd Annual Verde Valley Yoga's

“YogaDay/USA 2012”



Saturday, January 21, 2012 9am - 4pm
The Healing Arts Center,
753 N. Main Street, Old Town Cottonwood
(Entrance and parking on 4th St.)

FREE YOGA ALL DAY LONG!!!

LEARN, PRACTICE, SHOP, ENJOY!

Yoga Day offers you the opportunity to sample many different styles of yoga and other healing modalities.

Learn about the different disciplines and styles of yoga and alternative healing modalities offered....and talk with the experts directly at this event.

Practice a variety of classes with different teachers throughout the day.

Join a class ina large group or a more intimate setting.

Shop the marketplace.

It's a perfect opportunity to get your yoga questions answered or to buy yoga or health related products. And, it's perfect for beginners to try a downward facing dog to build strength or a tree pose to develop balance. Multiple classes throughout the day with a variety of registered yoga teachers and other healing modalities practitioners will all be offered.

Enjoy the day with friends, family, co-workers and all those you bring along to the event!

FOR MORE DETAILS AND CLASS SCHEDULE, VISIT: www.VerdeValleyYoga.org

Or, email: CarolsGentleYoga@yahoo.com