



YOGA

Fundamentals

SUNDAY
FEBRUARY 15TH
2:00 - 4:00 PM

Feel more comfortable in your yoga practice.

- Hatha postures
- 26&2 (Bikram Method) postures
- Breathwork
- Pose modifications
- Incorporating props
- Bandhas

EXCHANGE: \$45

SHERI CRAZE, MS, LMT, NMT, BCTMB, E-RYT 500, YACEP
(MA106800)

Register at capecoralyoga.com/schedule
or on the Cape Coral Yoga app