



SHANTI YOGA

10 WEEK VINIYOGA SERIES

MAY 16TH - JULY 18TH*
TUESDAYS AT 5:30 - 7:30 PM

*no class 7/4 & 7/25

FEATURING:

ART OF SEQUENCING
MOVEMENT & BREATH ANALYSIS
STANDING & SITTING POSTURES
NON-DUAL SUTRA STUDY
YOGA NIDRA

YOGA FOR WELLNESS, LLC

1175 E. Parkcenter Blvd.
Boise, ID
208-345-7113

Eligible for CEUs. \$320 for Series
Included in Shanti 300HR Teacher Training
Discounts avail. for Shanti grads & YFW staff

Register at Shanti Yoga Studio | 208.634.9711
info@shantiyogastudio.org | www.shantiyogastudio.org