

UPCOMING EVENTS



MICHAEL KOLASA WORKSHOPS

Yoga for Stress and Anxiety
Sunday December 11 1- 4 pm, FREE

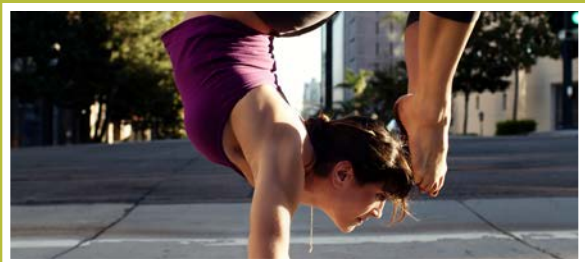
Kirtan with guest teacher Michele Dante
Friday January 27 7-9 pm, \$20

The Ecstasy of Chanting
Sunday January 29 1-4 pm, Pre-reg \$30, day of event \$35



ABSOLUTE BEGINNER WORKSHOPS

Sunday Jan 22 or Feb 12 1-3 pm
pre-reg \$20, day of event \$25



DEFYING GRAVITY The Art of Flying, Floating and Handstands

Sunday March 4 1-4 pm
pre-reg \$35, day of event \$40

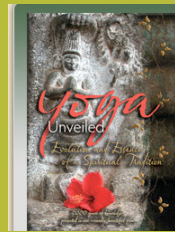


200-HR TEACHER TRAINING April 8 - June 3

Wed 7-10 pm, Sat and Sun 1-4 pm
pre-reg \$1,950, \$2,200 after 2/1

POPCORN MOVIE SERIES

Free community event



"Yoga Unveiled"

Sat Feb 4 4-8 pm
Complimentary snacks



New Classes at TLYS

TUE 8-9:00 am Hatha Yoga Karson St. John

WED 8-9:15 am Kundalini Michael Kolasa

THURS 8-9:00 am Yoga for Runners Deborah

FRI 8-9:15 am Yoga for Emotional and Physical
Well-Being Michael Kolasa