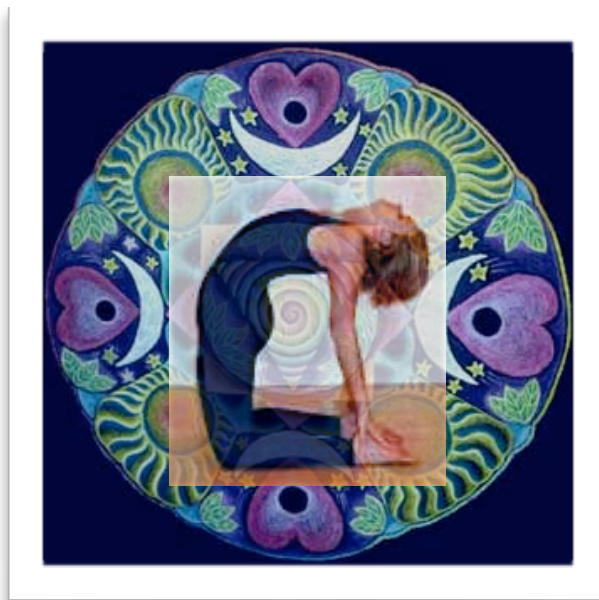


GENTLE HATHA YOGA FLOW

WITH SHARON PENZ



TUESDAYS 9:30- 10:30 AM
SAUGERTIES BALLET CENTER

\$14 DROP IN
\$72 FOR 6 WEEK SESSION
CLASSES BEGIN OCTOBER 4, 2011



SHARON PENZ IS A LOCALLY KNOWN AND WELL LOVED CERTIFIED YOGA TEACHER WHOSE MANY YEARS OF STUDYING DANCE, REIKI, THAI BODYWORK AND ALEXANDER TECHNIQUE HAVE INFORMED AND ENRICHED HER 10 + YEARS OF TEACHING YOGA. SHE WILL HELP YOU ACHIEVE YOUR FULLEST POTENTIAL IN A FUN AND SAFE ENVIRONMENT BY FOCUSING ON PROPER ALIGNMENT AND THE NATURAL JOY AND GRACE OF MOVEMENT.

For more information call 845 247-2843 or e-mail sharonpenz@yahoo.com