



yoqa208



# Deepen Your Asanas

WITH  
JAE

- Saturday Workshop Series
- July 17 to August 28, 1-4 pm
- Classes limited to 15 students
  - \$140 for series
  - \$30 for a single session
- Taught by Jae Bevin Murphy
- Payment = Reservation
- No Refunds

## Series Schedule:

- July 17 – Integration



- July 31 – Balancing



- Aug 7– Trikanasana to Floor



- August 14 – Spine



- August 21 – Ustrasana



- August 28 – Surrender

