

Developing a Home Practice

with

Kate Robbins

www.yogawithkate.com

6 Week Series

Tuesdays - June 1st through July 6th

7:15pm - 8:30pm

Yoga Center Santa Cruz

These sessions will include:

- * Short lectures and a full hour of Yoga practice to awaken the Yogi within
- * Discussions on the trials and joys of practicing Yoga on your own
- * Help with understanding the how, when, where, & why of a home Yoga practice
- * A wealth of information to assist you with development of a safe and rewarding practice at home or in a classroom

This series is appropriate for beginning to experienced practitioners

The cost is \$60 for the complete series to be paid by May 25th

Kate Robbins has been teaching Yoga for 8 years with a steady home practice since 2000. She is familiar with the inevitable ebb and flow of motivation and inspiration. Kate is more than capable of addressing the issues of beginners and those with special needs.

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