



Y•O•G•A

AT CROSBY

This class is for all levels of students. The type of yoga taught will be rooted in Hatha and Tantra styles of yoga. Students will move from one pose to the next, focusing on proper breathing technique and form.

Students will develop strength and balance, along with an increase in energy and a decrease of stress in their lives.

Instructor: Arthur Graye

	1/5-1/26 \$36/\$39.50	3/2-3/20 \$45/\$49.50	
12/1-12/22 \$36/\$39.50	2/2 & 2/23 \$18/\$19.75	4/6-4/27 \$36/\$39.50	

\$10 drop ins are also available

