

INTRODUCTION to BEGINNING YOGA

with

Mariana Duspiva

on

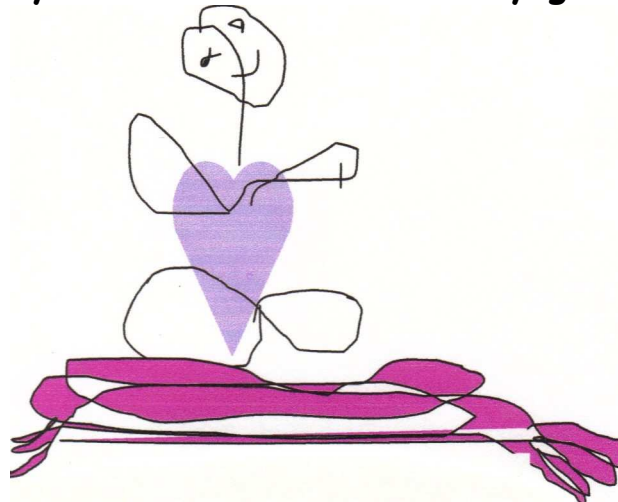
Thursday's from 6:15-7:30 pm.

Urban Yoga Center

458 S. Palm Canyon, Palm Springs, CA

Mariana is bringing her own twist for anyone who has always wanted to try yoga. Mariana's approach is to teach simple beneficial yoga poses to help reduce stress, increase energy, and give an over all feeling of well-being.

Bring a friend; tell a neighbor there is a new class just for you in wonderful world of yoga.



www.urbanyoga.org ~ 760-320-7702

Check website for current class schedule