

For **MEN only**
Intro to Yoga and Meditation

this will be an 8 week class for men only

based on my experience teaching yoga to my male students at RRCC I can see a need to offer a class for men only. I know that some men think that yoga is “sissy stuff”....

Here are some of the comments my male students had:

“...boy was I wrong about yoga, this is a real workout...”

“...I love the meditation/breathing part, I am so much more relaxed and at ease after the yoga class...”

“...I had no idea that yoga is NOT just about the physical movement, although I love the fact that I am becoming more flexible I also enjoy learning how to relax, I perform better in school and at work because of that...”

The class will be held at **Taspens's** (12424 Big Timber Dr. Unit 3 Conifer)

303-816-0429 www.taspens.com

We are flexible on the schedule, so just contact us if you have an interest and we'll work out the dates/times.

We will start from the very beginning and very slow, so this class is suited for **EVERYONE**; however, it is important to attend all 8 classes in order to get a thorough understanding of yoga and learn the poses correctly as well as gaining the benefit of breathing exercises and meditation.

Please contact me if you think this is for you and feel free to explore my website and contact me for more information.

<http://www.sophiasvibranthealthforever.com>

To sign up for a class please contact Taspens's directly

303-816-0429

Cost: approximately \$85 for 8 week package.