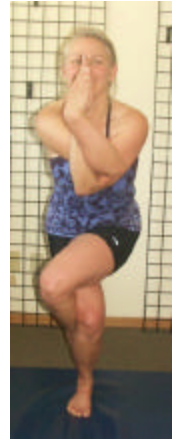


YOGA AT TASPEN'S ORGANICS & HOLISTIC WELLNESS CENTER

with Eileen Moore Koenigsberg

Wednesdays 5:30-6:45 p.m. starting 11/3

Saturdays 9:00-10:15 a.m. starting 11/6



This class will be a combination of stretching, strengthening, breathing, and conditioning for physical toning, mental clarity, and emotional and spiritual soothing. Get cleansed, cleared, and focused while increasing your strength, core power, stamina, energy, balance and awareness. Basic Hatha Yoga postures with an emphasis on Bikram methodology asanas will be utilized in a normal temperature room.

Benefits of Yoga

From inside out, head to toe, bones to skin, Yoga improves the body. Whether you want to manage body weight and muscle tone, improve heart and cardiovascular health, balance hormonal and endocrine systems, replenish organs and glands, improve energy and happiness, or just plain feel better, you get out of Yoga what you put in.

Good for beginners through advanced yogis.

\$14 drop-in rate \$8 first class special

\$60 for 5 classes \$110 for 10 \$200 for 20

Taspen's Organics and Holistic Wellness Center 303.638.3374

12424 Big Timber Drive Unit #3 in Conifer
(Log Building near King's Valley)