



# Beginner YOGA WORKSHOP Every Month!

Next date:

Friday Nov 11, 4-6 pm

- to help any student feel more comfortable in asanas (poses)
- ideal for those who'd like a bit more detail at a slower pace
- includes background on yogic philosophy
- please read the [PREPARING FOR PRACTICE](#) tab on our web site

## EVERYONE IS WELCOME!

\$20 class fee; no advance sign-up required

1202 Annapolis Rd • Odenton, MD 21113 • 410.305.1331

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