

Yoga Exploration

Every Wednesday 12:15pm - 1:15pm at Yoga for Life



Starting May 18th, 2011 come explore yoga's endless benefits.

During this sixty minute class Angela will help you explore the many facets of yoga. Classes will include meditation, pranayama (breathing exercises) and asanas (postures). Each class will vary in content and be tailored to students' interests. Everyone will be encouraged to ask questions and expand their knowledge. The class is open to all and is appropriate for all ability levels. Shanti Yoga School students can earn contact hours with an observation write-up.

Boise yoga teacher Angela Bryson is a graduate of Shanti Yoga School and a registered yoga teacher with the Yoga Alliance. She was trained at an interdisciplinary school and has studied with a wide variety of teachers including Debbie Murphy, Sean Corne, Hala Khouri and Julian Walker. The focus of her studies has been on emotional yoga and the use of self empowerment to increase life satisfaction.

Studio: Yoga for Life

Evergreen Library Plaza
3065 N. Cole
Boise, Idaho 83704
www.yforl.com

Contact:

Becky Weires, Studio Owner
becky@yforl.com
Phone: (208) 371-6953

Instructor:

Angela R. Bryson, RYT

angela@zodhanayoga.com

Phone: (208) 473-1249
Webpage: zodhanayoga.com
Blog: zodhanayoga.wordpress.com

Fee:

Drop-in rate \$10
10 Class Punch Card: \$65.00