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UNITING THE
MIND, BODY, AND SOUL
OF THE INDIVIDUAL

INTO COMPLETE & TOTAL HARMONY



www.yourwebsitehere.com

FLUIDITY. MOVEMENT. STRENGTH. BALANCE. AWAKENING.

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YOGA STUDIO USES:

RELAXATION

postures to reduce and eliminate stress

BREATHING

techniques to regulate the body's energy

MEDITATION

to calm and center the mind

EXERCISES

to relax and tone the muscles



ASHTANGA

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KUNDALINI

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Class Descriptions

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About Our Studio

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About Our Instructors

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Day	Time	Class	Instructor
Monday	0:00	Beginner	First Lastname
Tuesday	0:00	All Levels	First Lastname
Wednesday	0:00	Ashtanga	First Lastname
Thursday	0:00	Kundalini	First Lastname
Friday	0:00	Pilates	First Lastname
Saturday	0:00	Beginner	First Lastname

How To Sign Up

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