

Regenerative ☺ Yoga

with Scott MacLeod



Dessert Pose

Ongoing Course ~ 2012

Saturdays, 11 am – noon

86 Ridgecrest Road, Canyon, CA 94516

\$10 per class

beginning Saturday, May 5 - June 30, 2012

(no class Saturday, June 2)

Yoga in Canyon

(near Berkeley)

<http://scottmacleod.com/yoga.htm>

(Yoga subject at wiki World University & School - <http://worlduniversity.wikia.com/wiki/Yoga>)

415 480 4577 - yogamacflower@gmail.com

Yoga friends: In these classes, we'll gently explore ... a wide range of yoga positions, ~ some partner poses, ~ breathing, ~ and creative & restorative poses, *meditatively*, ~ much of this relaxing on the floor. Scott has a certificate from the Iyengar Yoga Institute of San Francisco, enjoys Angela & Victor's yoga, and has taught for 11 years.

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