

# Yoga

## Honor your *self* for the Holidays!

Two energizing weekend workshops to keep you grounded this Holiday Season at Saw Mill Club.

### Hip & Shoulder Openers Workshop

Sunday, November 16

2:00–4:00PM

Saw Mill Club, Studio C

All Levels Welcome.

In this workshop, we will explore a variety of poses to open the shoulders and hips. Poses designed to help release muscle tension, create space and improve range of motion will be offered. Modifications will be offered for all levels of yoga enthusiasts! Learn how to focus on your breath and practice yoga to overcome challenges with the inner self and reach a place of inner strength and peace.

Presented by Dorothy Gulla, CYT  
dgulla@mac.com

### Chest Openers and Back Bending Workshop

Sunday, December 7

2:00–4:00PM

Saw Mill Club Studio C:

All Levels Welcome

Presented by Basil Jones, CYT  
bjones@sawmillclub.com

Saw Mill Club Members: \$30

Non-Saw Mill Club Members: \$45

Please register on-line or by emailing [bjones@sawmillclub.com](mailto:bjones@sawmillclub.com)

[dgulla@sawmillclub.com](mailto:dgulla@sawmillclub.com)

## Honor your *self* for the Holidays!

Name \_\_\_\_\_ Member No. \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Workshop(s) attending:

Hip & Shoulder Openers Workshop

Chest Openers and Back Bending Workshop