

Deepen Your Yoga Practice

A one-day Kripalu Yoga workshop

Treat yourself

to a full day of yoga — enjoy
breath work and meditation in addi-
tion to guided asanas. Handouts for
home practice, readings and other
helpful tools to deepen your
yoga practice!

- **Reduce Stress**
- **Increase Flexibility**
- **Build Strength**
- **Create Balance**
- **Renew Vitality**

Saturday, May 28
9 a.m. - 5 p.m.

\$75

605 Copeland Street

CLEAR SPRING STUDIO

(Copeland is off South First Street to the right
just behind Napa and Sabia.)

To reserve your space or
for more information
call 560-6925 or 331-0480

Workshop will be presented



by popular Austin yoga
teacher **Nina Beucler**. A
certified Kripalu yoga
teacher since 1996, Nina
has been teaching a variety
of wellness programs for
over 20 years. Certified
Kripalu teachers April Hand
and Abby Lentz will assist
Nina, ensuring everyone's

total comfort and safety.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Yoga Experience: _____

About Kripalu Yoga

Kripalu Yoga is a cross-foundational practice of yoga that reflects a synthesis of traditional approaches. Kripalu Yoga combines the physical movement of Hatha Yoga, the self-realization of Raja Yoga and the breath work (prana) of Kundalini Yoga. Kripalu Yoga is a heart-centered practice that is suitable for all.

**Reserve Your Space — mail this form
to 11702 Buckingham Road, Austin, TX 78759**