

YOGA TALES

TUESDAYS 3:30 - 4:30 PM

January 20, February 17, March 17, April 21, May 19, 2015

At Ganges Yoga Studio

with Ingrid Hauss

We have stories to tell of how to...

concentrate

crawl

breathe slower

rise after falling

be courageous

face challenges

be tall like mountains

and free as an eagle



YOGA FOR AGES 7-11

\$25 Drop In Fee

\$75 For Five Classes

Preregistration with payment at Ganges Yoga Studio 250 537 4658