

INDRA DEVI HATHA YOGA CLASS



Join us for a 60-minute class at PB Yoga and Healing Arts and experience the classic yoga of Indra Devi.

Thursdays, 9-10am (starts 9/06/07)

Instructor: Susan Adams, RYT 500 founder of
www.yogaforallbodies.com

“When a Yoga student fixes and properly directs his or her course, a molecular change takes place in his or her body until, by the end of around six months, this change starts to influence his or her tastes and habits. Furthermore, the mind’s power grows. As the strength awakens, the state of conscience in each individual also changes: a person stops feeling lonely, all fears disappear and happiness is suddenly within reach.” -Indra Devi, *Yoga for You*

PB Yoga and Healing Arts is located at 961 Turquoise Street,
858.488.7774 www.pbyogaandhealingarts.com

TRY YOGA TODAY