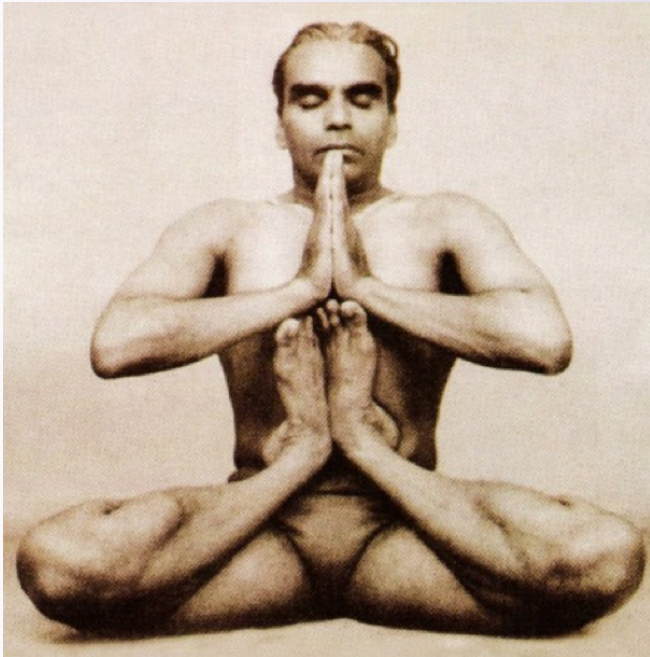
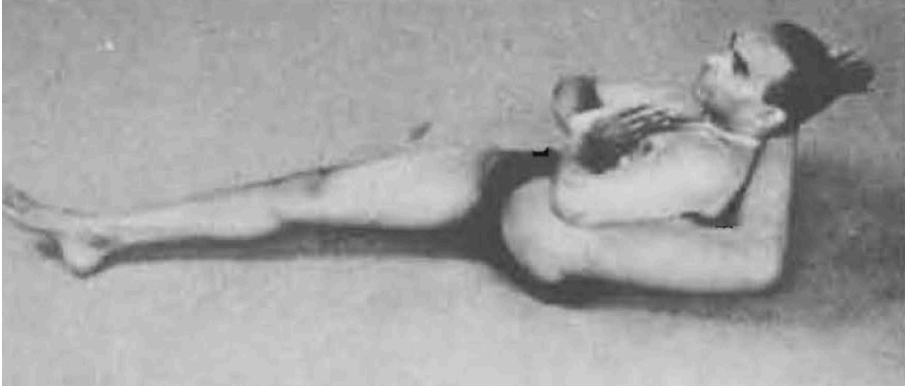
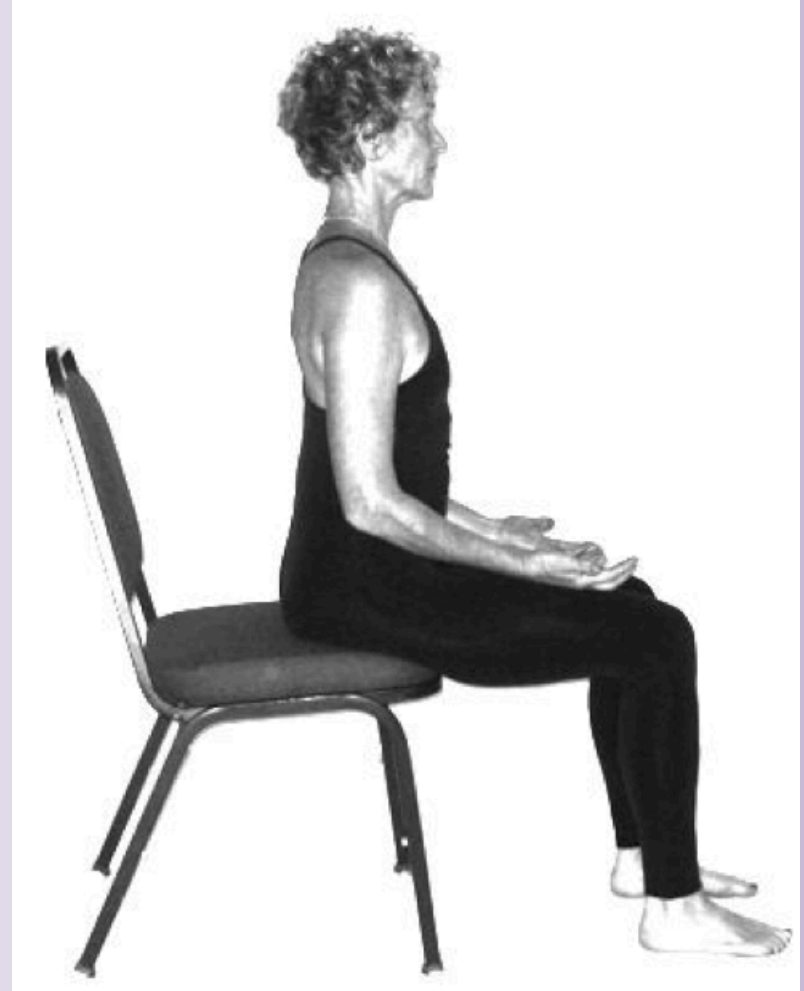


# Yoga Demonstration



# Mountain Pose



# Sun Pose



# Mountain Pose



# Fierce Pose



# Forward Bend Pose



# Downward Dog



# Twists



CHRIS ANDRE





# Want a yoga class by a real yoga teacher?

This Sunday at 10:30 a.m. in Galileo 2 we'll have a real yoga teacher. She'll teach mostly a Chair Yoga Class.

If you want to find a gentle yoga class in your community, send me an email.