

LIVING PEACE YOGA

Beginning

Tuesdays in January

Yoga at the Common Space

615 N. Grand (1 block North of the Fox)

5:45 pm—7:00pm

4 Classes (1 hr 15 minutes)

- \$30.00 for Common Space members
- \$35.00 for non-members

**1st class is always free
for a total of 5 classes**

314-664-8551



Svinanda yoga is a practice that incorporates both asanas (physical postures) as well as meditation and mindfulness of our daily living.

Beginners and experienced practitioners are welcome.
Please call Anna before your first class for a brief consultation.

Gift certificates available!

Anna Sandidge
certified yoga instructor

Living Peace
4229 Botanical St. Louis, MO 63110
livingpeace@sbcglobal.net
314-664-8551

