



Satya Life Yoga
strong body, quiet mind

New Yoga Workshop: **Rejuvenating Twists**
with Frankie Hart, MFA, ERYT500, Qigong Master



DATE: October 9th, 2010

TIME: 1:00-3:30 PM

LOCATION: 112 E.Pine Street

FEE: \$40 in advance, \$45 day of

MORE: if you have personal props, please bring your bolsters, blankets & blocks.

Twists rejuvenate:

Soothe your frayed nerves & lift your energy

Twists refresh:

Find balance and tone

Ease back and neck tension

Twists Cleanse:

Cure sluggish digestion

Release toxins

Experience the joy of twisting. All levels welcome!

Satya Life Yoga

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