



# 4-WEEK YOGA BASICS WORKSHOP

with **Melody Madonna**

This year, set your intentions to give yourself the gift of strength and flexibility by learning yoga. These sessions will give you the tools you need to get ready to attend my regular classes and/or to begin developing your own home practice.

As you probably know, there are many styles of yoga. The style I teach is called Iyengar yoga, named after the master teacher B.K.S. Iyengar. If you want to know more about Iyengar yoga, please visit [www.harmonyhillyoga.com/iyengar.html](http://www.harmonyhillyoga.com/iyengar.html).

## NO PREVIOUS YOGA EXPERIENCE NECESSARY

 **Dates:** Wednesdays, January 15, 22, 19, and February 5 

**Time:** 4:30 p.m. to 6:00 p.m.

**Cost:** \$60 cash or check for all 4 classes payable at the first class.

Make check payable to **Melody Madonna**

(not Harmony Hill Yoga)

**Studio:** Harmony Hill Yoga

24170 Matterhorn Drive

Indian Hills, Colorado 80454

We must have at least 6 people registered for the workshop to go forward.

For directions, visit [www.harmonyhillyoga.com](http://www.harmonyhillyoga.com) and click on the "Map to the Studio" link.

For more details, give me a call at **303.882.7549**

or email me at [melody.madonna@icloud.com](mailto:melody.madonna@icloud.com)