

Free Yoga

all day

Saturday, Jan. 23

a part of YogaDay USA

At the Westridge
1919 Fairway Dr. off Kagy. Blvd.



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| 8 a.m. | Paola Feher: | Deepening your yoga practice |
| 10 a.m. | Kathy Graves: | Improve your posture for better health |
| Noon | Carol Flaherty: | Fundamentals - give it a try! |
| 2 p.m. | Doug Bundren: | Rest and renew |
| 4 p.m. | Julie Kipfer: | Après-ski release |

Everyone is welcome!

Experience yoga for the first time or renew an old acquaintance.

Please come early to check in.
Mats available for loan or sale or bring your own.

Map to the Westridge available on the Web site
Questions? Carol Flaherty (406) 595-YOGA or carol@caroflaherty.com

www.bozemanhealingarts.com