

**ASHTANGA  
Yoga Classes  
2012**

**Start off the New Year on the Right Foot**

**January, February and March  
Gulfport Recreational Center  
5730 Shore Boulevard  
Gulfport, FL 33707**

January dates 1/13/12 & 1/27/12

February dates 2/10 & 2/24

March dates 3/9/12 & 3/23/12

Time 6:30 – 8 PM

Donation accepted but CLASS is FREE

**Class focus:**

Calling all yogis and yoginis. . . Do you want to bring your yoga to a new level? A teacher training group of instructors earning their 500 hour certificate will help you along your path. The practice will be based on K. Pattabhi Jois "Ashtanga Yoga" as outlined in "The Practice Manual" by David Swenson. The focus of class will be the Primary and Advanced Series. On any given Friday class you may have from one to five instructors assisting with correct alignment, breath control and meditation practices.

Any questions or comments you can contact Tamara Harte at the information listed below

**Instructor:**

Tamara Harte, RYT

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