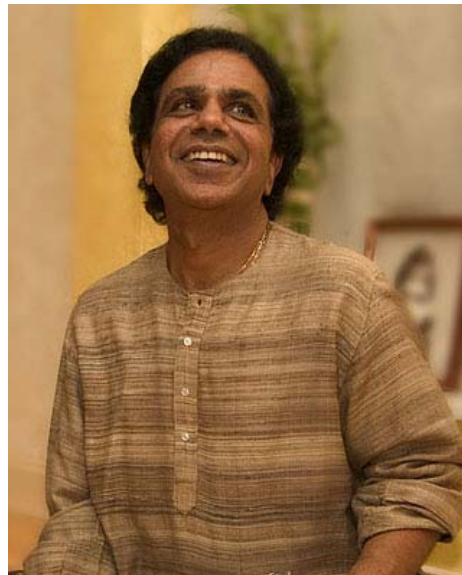


New Yoga Class  
Starts on Sunday,  
February 11,  
2007 !!!!



## Celebrate The New Year With Shastri's Dynamic Yoga Class!!

Please join us on Sundays at 11:00am for  
an invigorating yoga class with Shastri!

With over 20 years of teaching, Shastri brings his deep knowledge of the physical and spiritual aspects of yogic philosophy to his students. A well-known and highly respected hatha yoga teacher, Shastri has developed a unique style of yoga based on Ashtanga principles. Geared for those with a serious practice, students enjoy a dynamic experience in his classes. His teaching provides a rigorous cardio workout resulting in detoxification, greater flexibility, strength, and endurance. The class ends with a brief meditation and chanting. Shastri trained in India and studied under the guidance of Shri Vishnu Prasadji.

### Reformation Studio

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