

# *Jump Start Your Home Practice*

*Do you want to incorporate more yoga into your life, but you're not sure where to begin?  
This workshop is for you!*

We'll focus on how to structure a home practice that can fit into whatever time you have available. We'll touch on some of the obstacles to practicing at home and gain some tools to overcome those obstacles. And you'll leave with several practice sequences so you can begin right away!

**When:**        **Saturday February 18**  
                     **9:30 – 11:30 AM**

**Where:**       **Uncompahgre Yoga Circle**  
                     **310 South Ninth Street, Montrose**

**Cost:**         **\$ 25**  
                     **\$ 20 if paid by February 10**

*Please register with your payment early so I can tailor the workshop to your interests and concerns. And please call me with any questions at 275-0109.*

*Regular practice of yoga can help you face the turmoil of life with  
steadiness and stability.*

– B.K.S. Iyengar



*Uncompahgre Yoga Circle • Certified Iyengar Yoga • 310 S. 9<sup>th</sup>  
275-0109 • lynda@montrose.net • www.yogacircle.org*

