

Two Classes
 Friday,
 March 2nd
 6PM-8PM
 Saturday,
 March 3rd
 10AM-1PM



3013 Fountain View,
 Suite 151
 Houston, TX 77057
 281.687.0647

The D'Vinci Building
 North of Richmond Ave.
 South of Westheimer

Please plan to arrive 15 minutes
 before class begins

Discover the Body
 Quiet the Mind
 Open the Heart



Yoga Heart Studio heartily welcomes Sharon Conroy back to Houston
 for two exceptional Yoga Classes!

Sharon is a dynamic and compassionate Iyengar Yoga Instructor. Her dedication, to her own practice (since 1986) and annual trips to Pune, India for continued study with the Iyengars, are apparent in her unique and articulate style of teaching.

FOR MORE INFORMATION contact Selise at 281.687.0647 or email selise.stewart@sbcglobal.net

REGISTRATION

Name _____
 Email _____
 No. of years practicing _____. Are you currently teaching? Y or N

- Fri., March 2nd 6pm-8pm \$45
- Sat., March 3rd 10am-1pm \$70
- Both classes \$105 if register prior to Feb. 23
- Both Classes \$115 if register after Feb. 23

Make checks payable to Yoga Heart Studio