

# intro to yoga

4 tue @ 7:30-8:45 pm -\$48

Pre-registration/deposit required. Please call, stop by or email to sign up.

## Learn the fundamentals of yoga

If you are new to yoga, or want to experience the fundamentals of yoga as well as an introduction to our studio, this 4 class series is for you. Taught by four different teachers, this class will give you a basic understanding of yoga, including breathing, use of props, personal instruction, and much more!



6357 SW Capitol Highway, Portland, OR 97239  
503 922.3100 [www.ombase.org](http://www.ombase.org)