

VALENTINE'S DAY



YOGA & MEDITATION

~ WITH LOVE

Sunday, February 14
2 - 5 pm
Eldorado Community Center

~ Join us for an afternoon of Sacred Practice ~
Heart-Centered Yoga Asana and Pranayama,
Delicious Meditations
and
Divinely Deep Relaxation

\$40
\$35 if paid by February 7, 2010
~ no refunds please after February 7 ~
~ pre-registration is recommended ~
Class Limited to 12 Participants

Please bring your own: meditation cushion, pillow
or bench, blanket and drinking water.

This class will be taught by Deanna Evans. Deanna has been teaching yoga and meditation for several years offering on-going classes, workshops, retreats, and private sessions. She is registered with Yoga Alliance with over 1500 hours of teaching experience as an E-RYT.

For more information about Deanna, please visit www.deannaevans.com.

For more information or to register, please contact Deanna at 505-466-1657 or info@deannaevans.com