

Yoga *for* Skiers



& Snowboarders

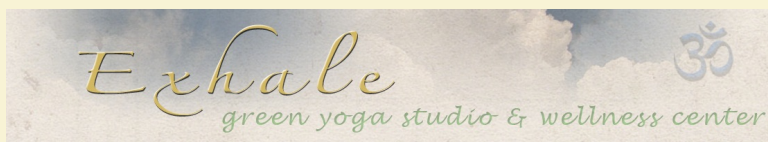
Sundays- 12:00-1:30pm

February 21st & 28th

with Todd Wilson

Learn how yoga can greatly enhance your sport of choice. Both classes will include some basic routines to warm up and wind down. The first session will focus more on poses that are good for before exercise. In the second session, we will focus on stretches that are beneficial following a day on the slopes.

This workshop will benefit athletes in general, from cyclists to runners to basketball players.



4940 NE 16th Ave
(just south of Alberta St.)

www.exhalepdx.com

\$15 for both sessions

\$ 10 for one

Pre-Registration required:

call (503) 545-8312

or email info@exhalepdx.com