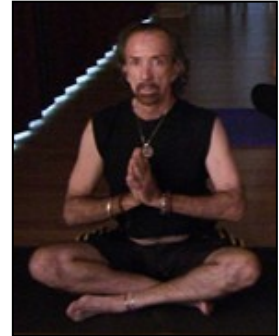




"Potpourri Yoga" **with Carlos**

***Carlos Dee** is an experienced Hatha Yoga teacher specializing in Prana/Energy Yoga. His classes are a blend of Hatha Yoga, Kundalini Kriyas, Meditation and Pranayama. Carlos has been teaching and practicing for over 10 years.*



Sunday, February 28th
12 to 2:15pm.

"Special low fee \$20!"
(Free bottle of water with class.)

Class will consist of a blend of:

- Hatha Yoga: (Classis asana / poses)
- Ashtanga Yoga: (Power vinyasa / flowing Yoga)
- Pranayama: (Breathing techniques)
- Chi Kung: (Slow energizing movements)
- Lo-aerobic: (cardio activation)
- Kundalini Yoga: (Meditation Kriyas / Visualizations) as taught by Yogi Bhajan

This class is guarantied to stretch & energize your physical body, will strengthen your immune and nervous systems, enhance your concentration & calm the mind. Traditional Yoga music will be played during class, in addition to some inspiring popular and retro tunes.

Please arrive early since the studio door will be closed when the class begins.

**For registration, questions or more information,
please call (305) 932-7755 or email us at info@ayamaYoga.com**

Please visit our website for our complete schedule of classes.

www.ayamaYoga.com

2624 N.E. 188th St., North Miami Beach, FL 33180
Free parking available!