

YOGA DYNAMICS*

DR. KEN EDGAR, DC, Dipl.Med.Ac. (IAMA)

TEACHING YOGA SINCE 1975

*Stretching and dynamic cardiovascular movements, breath techniques and relaxation to look and feel great!

Where: Uncompahgre Yoga Circle 310 S. 9th st.

When: Thursdays 6:00-7:00 PM (Discontinued until February 2012)

Sundays 10:00-11:00 AM (Discontinued until February 2012)

Cost: Donation only (suggested \$10-\$15/class. If you are able to donate this amount it is greatly appreciated, otherwise just donate what you can)

What to bring/wear: Yoga mat with cushion to sit on. Loose clothing for easy moving. Water bottle.

Contact: Dr. Ken Edgar at Alpine Health Care (970) 249-7377 www.dredgar.net