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counseling

- changing old patterns to allow new choices
- creating healthy relationships

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sliding scale 485-4559

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Collaboration & Celebration!
For Continuing/Intermediate Level
Sunday, July 17
11:00am-1:30pm \$15

Exploring asanas and partner poses to delve deeper into your asana practice. Come celebrate Connection!

Preregistration required
Call to register by noon, Friday, July 15

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For Beginning to All levels
Sun. July 24 Noon-2:30pm

Viniyoga is T.K.V. Desikachar's gift to the world of yoga. This form of classical yoga incorporates slow focused breathing with all the postures. Shoshanah has been teaching Viniyoga for 30 years. Not to be missed!

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