



BREATHE ... LENGTHEN ... SLOW DOWN ...

A special offer for beginners:

Yoga is a simply wonderful system of Self Care. You'll be amazed at how good you feel from just one class and it gets better from there!

Get started with a special package designed just for the beginning yoga student:
6 class series + 1 private instruction session (1 hour)
\$150.

It works like this:

- You can begin anytime
- Choose the class that works best for you
- Schedule your private session with the teacher for your selected class
- Plan on doing your private session within the first 2 weeks of your series for best results.

Five qualified teachers are available to support you.

To get started or for more information:

www.dibellayoga.com // polly@dibellayoga.com // 610-578-0733

dibellayoga studio specializes in teaching *Svaroopa*® yoga. The focus is release of tensions along the spine, grounded awareness and greater ease in living life .

Simple – compassionate – deeply restorative



Svaroopa® Yoga
....a practice for
conscious living



dibellayoga

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