

*Sadhana Ayurveda & Yoga*

# *Goddess Yoga Classes*

*Celebrate your experience as a woman!*

*Honor Yourself and your Body with practices designed to nourish the Goddess within. Allow nature to inform your intentions and daily movement through life, creating an effortless flow that is vibrant and alive. Align with your full potential as a true and exquisite woman.*

*Shakti Class ~ for women of menses age*

*Tuesdays 5:30, May 17~August 2*

*Wisdom Class ~ for women beyond the menses season*

*Thursdays 5:30, May 19~August 4*

*(No classes June 14~30, July 19~21)*

*\$70 dedication for the 8 week series if  
registered/paid by May 12 (\$80 thereafter)*

*Sliding scale available ~ Please rsvp to reserve your space*

*sadhanayogahh@gmail.com*

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