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Special 4 week series!

# YOGA BASICS 101

with Patsy Gaetano

COMPREHENSIVE FUNDAMENTALS TRAINING IN THE PRACTICE OF YOGA

**OCTOBER 24 - NOVEMBER 14**

**Sundays 2:15 – 3:45pm**

This is a great opportunity for those who are complete beginners to prepare to enter a mixed level yoga class. These are also excellent classes for those getting back to yoga after an extended absence or those wanting to deepen their understanding of the basic principles of alignment and anatomy. Yoga Basics 101 offers an opportunity for students with manageable physical issues to experience classes dedicated to the basics and a more easily accessible yoga practice.

**Price: \$68 for 4 weeks**

Drop-in by special permission only

**Register:**

[wellspringYOGAnm@earthlink.net](mailto:wellspringYOGAnm@earthlink.net)

505.881.2187

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5500 SAN MATEO NE ALBUQUERQUE NEW MEXICO 87109  
505.881.2187