

# Introduction to Yoga

with Rachel Brooker

**Saturday, October 29<sup>th</sup>  
3:30-5:00**

**Ninth Street Dance**

1920 1/2 Perry St., Durham  
(919) 286-6011

[www.ninthstreetdance.com](http://www.ninthstreetdance.com)

Have you been hearing about the health benefits of practicing yoga but been hesitant to take that first step of signing up for a class? Then this workshop is for you! Basic hatha yoga poses will be explored in a gentle, supportive atmosphere; all fitness levels welcome. \$15.

For more info visit [www.animadance.org](http://www.animadance.org).

