

SPECIAL EVENT



Free Intro to Yoga with Kerry Maiorca

Saturday, September 8 from 3:00 - 4:00pm | Free

New to yoga?

Are you curious about yoga but unsure whether you want to commit to an hour and a half class right off the bat? Our free monthly Intro to Yoga workshop is a great place to start.

In addition to going through some basic poses, Kerry will give a brief introduction to the big picture of why to practice yoga in the first place as well as how to practice safely. Pre-registration is highly recommended in order to guarantee your spot.

Kerry Maiorca:

Passionate about yoga, birth, writing, and creativity in general, Kerry is the Director of Bloom Yoga Studio. After completing over 700 hours of teacher training, including the Iyengar Institute of San Francisco's two year program, Kerry is enjoying the exploration of the many ways in which yoga is an individual practice where rigid rules need not apply. Kerry's classes emphasize an awareness on alignment and the effects poses have on the body. As a recovering past- and future-thinking junkie, she loves the way that regular yoga practice teaches us to live in the now so that we may enjoy all of life's richness.



To Register, fill out form below and mail or drop off at Bloom's front desk, call, or register on-line at <http://www.bloomyogastudio.com/register>

SEPTEMBER FREE INTRO TO YOGA REGISTRATION FORM

Name _____

Address _____

City/State/ZIP _____

Phone _____

Email _____

Signature _____

Bloom Cancellation Policies: Full payment reserves your space. Workshop fees are non-transferable and non-refundable. If you cancel more than 24 hours prior to the beginning of the workshop, your payment is transferred to a studio credit that you can use for any Bloom Yoga Studio product or service. Studio credits have no expiration date. If you cancel less than 24 hours prior to the beginning of the workshop, you forfeit your payment.

visit www.bloomyogastudio.com
for information about classes, workshops & more!