

Community, Practice, Learning

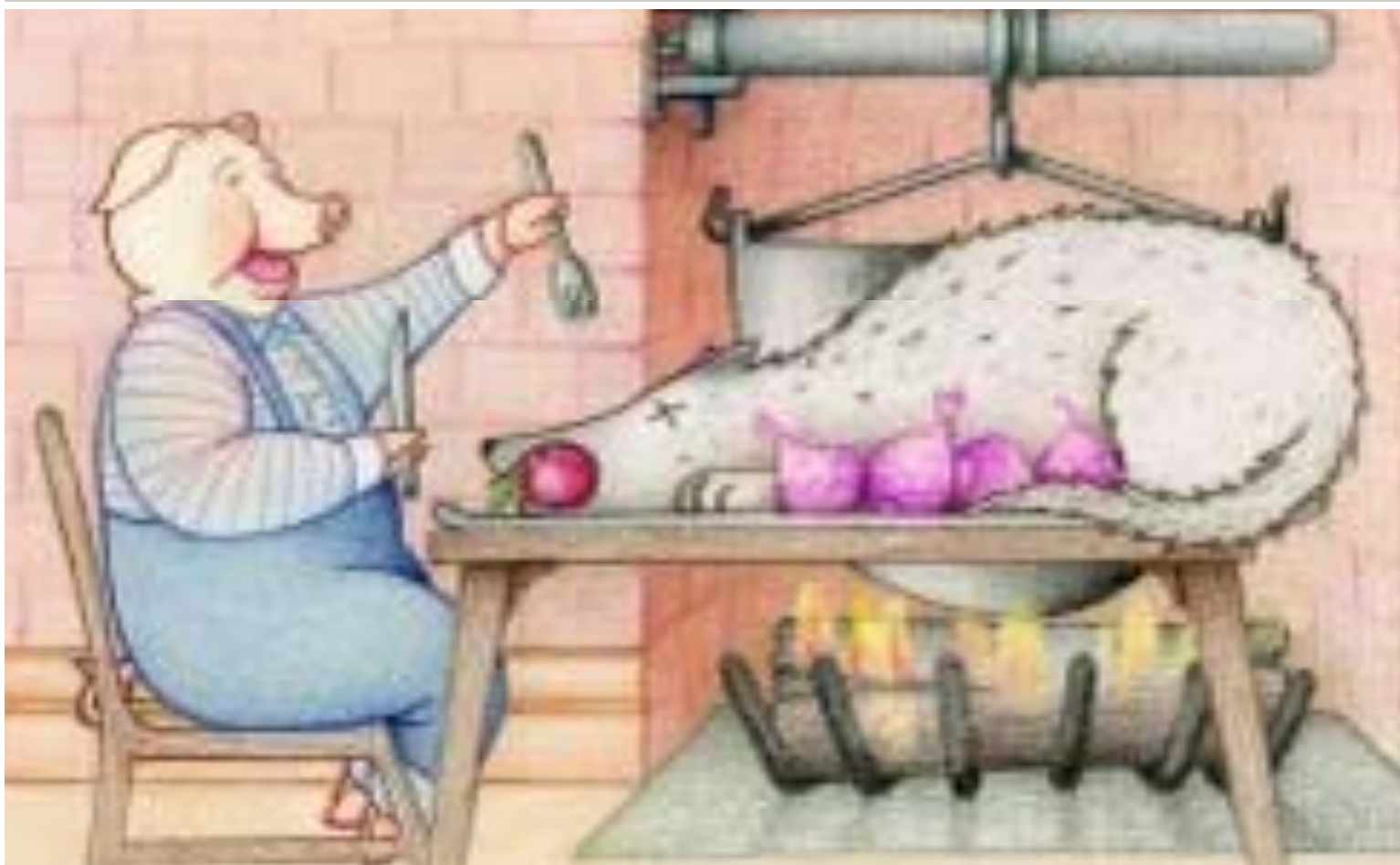
2010

Yoga North, 218.722.YOGA

www.YogaNorthDuluth.com



sadhana COMMUNITY



Deepen your awareness of yourself and your personal practice in the gift of learned teachers and in the gift of sat sanga (like-minded people).

Four weekends of study

focus: Pigs Eat Wolves: Going into partnership with your dark side

Core Stability and Pure Movement

Classical Yoga Postures

MORE DETAILS ONLINE • CEUS AVAILABLE!