

Yoga Atop Rib Mountain

Monday, June 5th – September 25th | 5:30-6:45 PM

Join us for the 14th Year!



In-Person at the Rib Mountain Amphitheater!

“Nature does not hurry, yet everything is accomplished.” – Lao Tzu

Breathe, flow stretch, strengthen & turn down the stress-o-meter with nature as your classroom. Feel roosted in the earth as you reach for the sky, inviting your breath to guide you through a fluid sequence of postures. A nourishing relaxation will conclude the class; short meditations will be integrated into some classes. Slow is strong as you connect to your Body, Breath, Mind, Character & Heart!

Drive up to amphitheater or walk before class. Easy parking at church parking lot along tree line just north of Bone & Joint. If you're driving up to amphitheater a park pass is needed.

5:30 PM Class begins at amphitheater. Dress in layers & bring your mat, water bottle & blanket / towel. This is a welcoming group of students so after class you can catch a ride down or hike down the Mountain!

Watch the 5 Koshas Website when inclement weather as class title will be changed that class is cancelled. Decision between 4-4:30 PM.



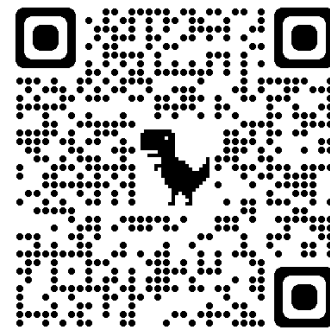
Heather Van Dalfsen,
M.Ed, E-RYT 500, C-IAYT, Certified
Yoga Therapist, Yoga & Pilates Teacher

More Details & Register Here:

www.5koshasyoga.com/events

Easy Way to Register:

- 1) Put phone camera up to the QR Code below



- 2) A link will appear on your phone screen. Tap on the link.
- 3) You will be directed to the registration links!

FEE: Use Your Class Pass, Monthly Membership or Drop-In!

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com
Contact Heather at Heather@5koshasyoga.com or text (715) 574-8787.