

# Yoga Atop Rib Mountain

Monday, May 13<sup>th</sup> – September 30<sup>th</sup> | 5:30-6:45 PM

Join us for the 15<sup>th</sup> 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.**



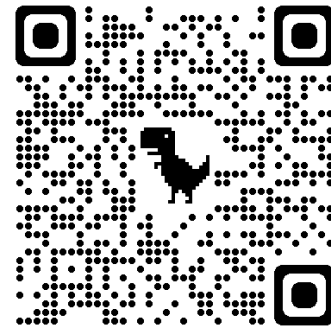
**Heather Van Dalfsen,**  
M.Ed, E-RYT 500, C-IAYT, Certified  
Yoga Therapist, Yoga & Pilates Teacher

## More Details & Register Here:

[www.5koshasyoga.com/events](http://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](mailto:office@5koshasyoga.com)  
Contact Heather at [Heather@5koshasyoga.com](mailto:Heather@5koshasyoga.com) or text (715) 574-8787.