

**FREE**



**YogaShala**

## **Free Community Classes**

YogaShala is offering **FREE** community classes— open to current and new YogaShala members, friends, and family.

March 28—May 4, 2011

**Monday & Wednesday 5:30-6:45  
pm**

**Tuesday & Thursday 12-1:15 pm**

**Saturday & Sunday 12-1:15 pm**

**Bring your friends, family, and neighbors to experience a beginner's level yoga class here at YogaShala.**

**Questions— Call 496-9900**

“Yoga teaches us to cure what need not be endured  
and endure what cannot be cured”  
B.K.S. Iyengar

**CHECK OUR SCHEDULE ONLINE [WWW.YOGASHALASA.COM](http://WWW.YOGASHALASA.COM)  
“LIKE” OUR PAGE ON FACEBOOK— YOGASHALA OF SAN ANTONIO**

**Yogashala San Antonio 18585 Sigma Road Suite 105 San Antonio , Texas 78258**