

# Community Yoga

**4-week Mini-Session with Donna Querido**

**Sundays, February 5 - 26, 2012**

( February 5, February 12, February 19, February 26 ) Suggested Donation of \$7 per class.

**11:00am - 12:00pm**

**Yoga for all!**

**The Yoga Center gives back to the community with a very affordable yoga class.**

**Donna Querido hosts this Community Yoga Mini-Session. All are welcome to this mixed level class. No yoga experience necessary.**



**This 1-hour class will be offered Sundays for a suggested donation of \$7/class**

**This class is committed to creating an environment where all people are honored and inspired to practice yoga and have a great time.**

**Preregistration is not required. \$7 donation requested at the door to benefit people in our community.**



Donna Querido, Registered Yoga Teacher 200 hours with Yoga Alliance (RYT200). Donna started her yoga journey in 2000, and completed yoga teacher training in 2005. She learned early-on that the practice of yoga is transformative – a place to find joy. She enjoys sharing her love of yoga as she guides students through proper alignment and a playful yoga practice.