

# ASHTANGA YOGA

## MYSORE IMMERSION

FEBRUARY 15<sup>TH</sup>  
- MARCH 14<sup>TH</sup>  
M/T/Th/F 7-8am  
\$135



To Register Email  
[vivian@bandharoom.com](mailto:vivian@bandharoom.com)

at The Bandha Room  
119 ½ Capitol Way N  
Olympia, WA 98506

