

ASHTANGA YOGA

FALL IMMERSION

October 8th through November 2nd

Monday, Tuesday, Thursday and Fridays

7 to 8 am

\$135

Learn a traditional yoga practice
and transform your body and life

Returning former students get a \$35 discount

Graduates receive \$50 off their next month of yoga!



THE BANDHA ROOM
ASHTANGA YOGA STUDIO

119 ½ Capitol Way N Olympia

Room 1 (upstairs)

To register or ask questions email

vivian@bandharoom.com