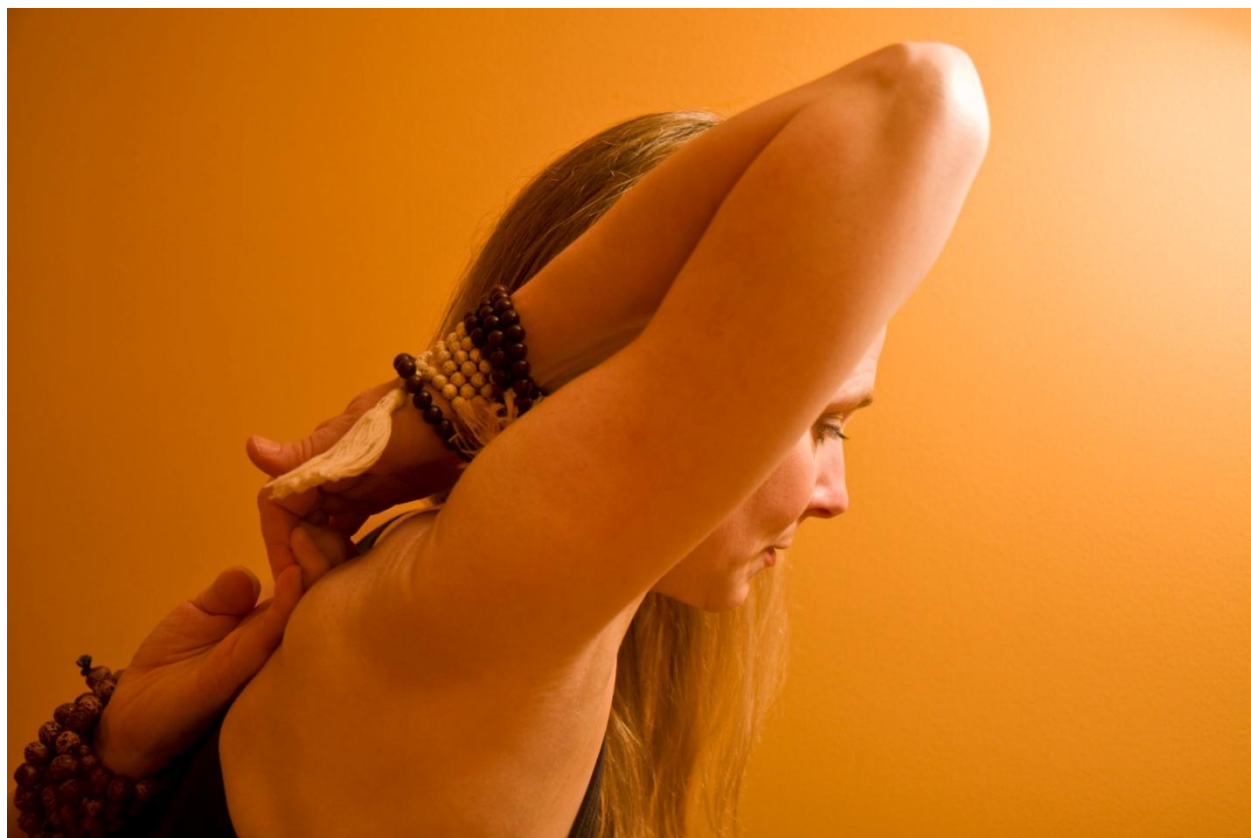


An Introduction to **Incremental Yoga:**

From the Inside Out



Where does a pose begin? Does it start with an image or a memory? Or does it start with the breath? In this workshop, Kaye will guide you inside each and every pose with such clarity and single focused attention that this practice becomes a meditation in motion and you will come out of this workshop looking at a pose with new eyes; from the inside out.

The Studio

113 W. Fifth Eureka, Mo.

To Register: www.thestudioeureka.com (314) 277-9589

Saturday, January 14th 1:00 – 3:30pm

\$35 (\$40/door)

"I feel so blessed to have been able to have such a nurturing and challenging class. I have had many yoga classes over the years but found this one to be unique in its combination of yoga props and cues. I felt as if I were learning the postures for the first time- that sense of wonder and exploration and shaky legs and focus! Thank you Kaye for an amazing experience". Sandy Rau

www.KayeHonig.com