

THE PATH TO BECOMING

YOGA CERTIFIED

When: Saturday, January 25 from 3 - 5 pm
Where: Santa Barbara Athletic Club

Join us for a mindful **yoga class** followed by a **meeting and Q&A** to learn more about our new **Yoga Alliance Certified - 200 Hour Yoga Teacher Training**, a 12-week course starting this May!

Led by two
wonderful
instructors



Tim Thomas



Marie Thorne-Thomsen

Questions? Contact Tim -
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