

# hot vinyasa **yoga**

60 minutes of hot yoga in the cold winter



## SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga  
Meditation and Movement*

two sections for winter 2010

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**CLASS FEE:** \$12/class

This dynamic yoga class is performed in a heated room. It combines deep breathing and flowing yoga postures like sun salutations. Hot Vinyasa Yoga has the ability to build strength, increase endurance, release tension, burn calories, detox and create more flexibility in the entire body. The class can be vigorous and challenging and will leave you feeling empowered and energized.

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two sections

Fridays: 12pm ~ with Kristin Fiore

Fridays: 5:15pm ~ with Lillie Wolff

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class dates

semester ends march 12

**Due to popular demand these classes will  
most likely continue as drop in classes!!!**

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**Mall Plaza** 157 S. Kalamazoo Mall, Suite 140 :: Kalamazoo MI 49007 :: (269) 232-0983 :: [www.sanghayoga.com](http://www.sanghayoga.com)