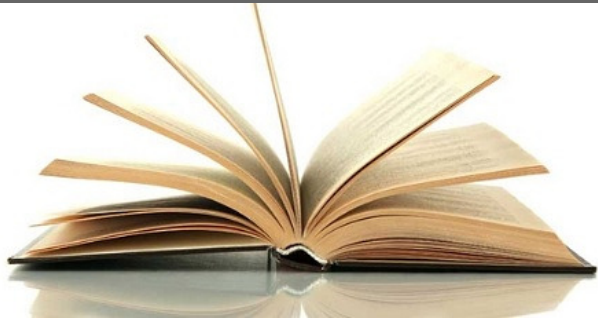




# UPCOMING EVENTS 2016 / 2017



## Aham Yoga Book Club

Love yoga? Love to read? Love coffee?  
Meets once every 4-6 weeks.  
New book. New ideas. FREE to attend!

## Weekend Yoga Immersion

Delve deep into yoga theory and practice.  
Saturday - Sunday, 10.22-10.23  
Single-day and FULL Weekend Passes Avail\*



## Intro to Inversions Workshop

Explore and practice getting upside down!  
Sunday 11.6, 2 - 4pm  
\$35 Early Bird (until 10.15)

## Winter Pranayama Series

Yogic art of breathing. 6-week Series, 1.21-2.25  
Saturdays 9:15-10am  
\$105 Early Bird (until 12.19)



## Benefits of Yoga Poses

Asana and Theory - *why we do what we do.*  
Saturday 1.7.17, 12 - 2pm  
\$35 Early Bird (until 12/19)

## 200 Hour Yoga Teacher Training

*Want to become an educated Yoga Teacher?  
Want to learn more about the discipline of yoga?  
Learn at Aham Yoga - starts January 2017!  
FREE INFO SESSIONS: 12.10 and 1.7 at 10am.*



[MORE DETAILS @ WWW.AHAMYOGA.COM](http://WWW.AHAMYOGA.COM)