

Therapeutic Yogic Exercise:

O.N.E. YOGA

J. Yusuf-Quddus Erskine DO

Osteopathic Physician



Spring 2013 Series: May 6th – June 17th

\$110.00 - 7 Classes

Monday evenings: 7:15 pm – 8:45 pm

DEVI YOGA CENTER

7151 Wilton Avenue, Suite 103, Downtown Sebastopol

This yoga class series provides participants, whether beginners or experienced, an opportunity to experience therapeutic exercise based on classic Hatha Yoga practice, including restorative poses, taught in a flow pace. Dr. Yusuf Quddus integrates Osteopathic philosophy and medical knowledge with more than 35 years of yoga practice to promote optimal health for class participants.

Drop-In - Class Fee \$18/class. Additional Info: 829-5455

Visit website for further details at: www.drerskine.com