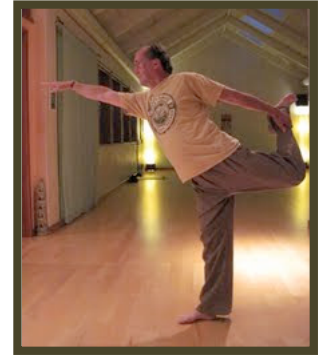
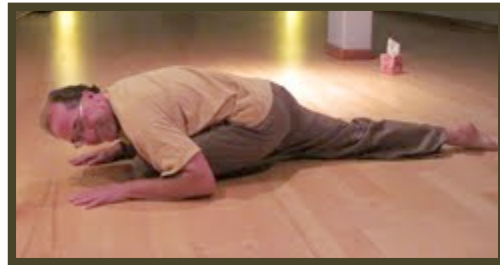
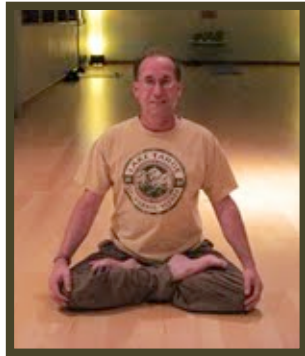


O.N.E. YOGA



Therapeutic Yogic Exercise

J. Yusuf-Quddus Erskine DO
Osteopathic and Homeopathic Physician

2017 Yoga Series V: Sept 18th – Oct 30th
Monday evenings: 7:15 pm – 8:30 pm
\$128 - 7 Classes Drop in - \$20 / Class

DEVI YOGA CENTER

7151 Wilton Avenue, Suite 103, Downtown Sebastopol



*This **Osteopathic Neuro-musculoskeletal Exercise –ONE** Yoga class series provides participants, whether beginners experienced, an opportunity to experience therapeutic exercise based on classic Hatha Yoga practice, including restorative poses, taught in a flow pace.*

Yusuf Quddus integrates Osteopathic philosophy and physician experience with more than 40 years of yoga practice to promote optimal health for class participants.

(Note: There will be no classes on Sept 3,&11)

For further details visit www.drerskine.com Phone: 707-829-5455