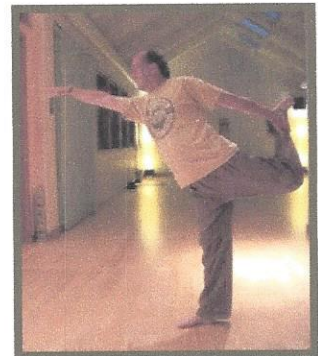
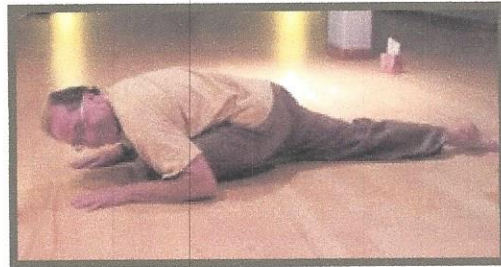
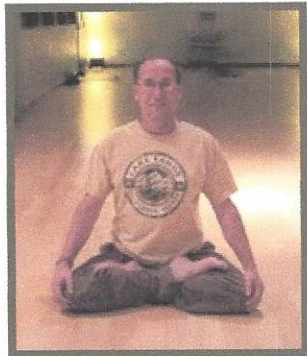


O.N.E. YOGA



Therapeutic Yogic Exercise

J. Yusuf-Quddus Erskine DO

Osteopathic and Homeopathic Physician

2017 Yoga Series III: April 24-May 29.
Monday evenings: 7:15 pm – 8:30 pm
\$110 for 6 Classes Drop in - \$20 / Class

DEVI YOGA CENTER

7151 Wilton Avenue, Suite 103, Downtown Sebastopol



*This **ONE*** YOGA class series provides participants, whether beginners, or experienced, an opportunity to experience and benefit with therapeutic exercise based on Hatha Yoga; including restorative poses, **taught in a flow pace.***

**Osteopathic Neuro-musculoskeletal Exercise*

Dr. Yusuf Q. Erskine integrates Osteopathic philosophy and Experience with more than 40 years of the practice of yoga to promote optimal health for class participants.

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