

***Therapeutic Yogic Exercise:***

# **O.N.E. YOGA**

**with J. Yusuf-Quddus Erskine DO**  
**Physician of Osteopathy and Homeopathy**



**Summer 2013 Series: July 1 – Aug. 26**  
**\$140.00 - 9 Classes Drop in - \$18/class**  
**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.*

visit the website for further details at: [www.drerskine.com](http://www.drerskine.com)