

series class ~ spring 2017



sports conditioning for men

calling all weekend warriors, athletes & busy dads

do you want to increase your core strength, joint mobility and overall flexibility? want to gain overall strength while improving balance and reducing your stress level? join michael for two specialized 4-week series of classes designed specifically for men to improve sports performance and physical conditioning through yoga. classes are taught using easy to understand instructions and techniques for overall health and well-being.

all levels welcome, no acute injuries please; 3-wk prorated available

4 week series

mondays, 630-730 pm

price \$60

session 1 | 4/3, 10, 17, 24

session 2 | 5/1, 8, 15, 22

with michael evans

michael began exploring yoga in 2005 to improve his physical conditioning after retiring from a successful career in public service. he believes the practice of yoga offers unparalleled opportunities to reduce stress, build strength, and increase flexibility. his teaching uses a straightforward style to safely guide students through their practice. michael completed his 200 & 300 hour teacher trainings through the internationally recognized yogaworks program at yoga source in richmond.



 **yoga source**
inspiration for transformation
3122 w cary st ste 220 richmond va 23221

to register:
804-359-9642
www.yogarichmond.com