

Osteopathic Neuromuscular Exercise:

O.N.E. YOGA

J. Yusuf-Quddus Erskine D.O.

Osteopathic Physician



New Year Series: Jan 2rd – Feb. 20th 2012

\$120. - 8 classes

Monday evenings: 7:15pm - 8:45pm

DEVI YOGA CENTER

7151 Wilton Ave. 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 30 years of yoga practice to promote optimal health for class participants.

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

For further details, visit www.drerskine.com