



Tallahassee Buddhist Community

Practice of Body, Mind, and Spirit

Get the best prices on yoga in town with registered yoga teachers!

Wed. 6:15-7:45: Ashtanga Yoga Kelsey Reynolds (RYT-200)

Thurs. 5:30-6:45: Intro to Yoga Kelsey Reynolds (RYT-200)

Sun. 12:30-1:30: Ashtanga Yoga Javier Betancourt (RYT-200)

Prices: \$6 w/ student or senior ID, \$8 w/out.

Registration: Javier Betancourt: jab05ac@my.fsu.edu or
<http://www.facebook.com/TbcYoga>

Location: TBC: 647 McDonnell Drive (Railroad Sq. Art Park)

Bring: your own mat if you have one. There are some mats to borrow.