

Ashtanga Yoga

- Vigorous, dynamic workout
- Fixed series of progressive postures
- Proceed at your own pace



Two practices every week:

Tuesdays - Mysore Ashtanga

Open, Individual Practice;

Come anytime between

5:30 and 7:00 AM

Fridays - Led Primary Series

Group practice guided by Eric or Patrick

5:30 - 7:00 AM

Website: <http://3rivers-ashtanga.org>
Email: info@3rivers-ashtanga.org
Location: Suzanne's Dance Studio
1393 George Washington Way
Richland, WA
(Above Underground
Adventure in the Uptown
Center)

Phone: Patrick
(509) 845-1062

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