



Presents

SUMMER YOGA!

If you are a busy business professional, a stay at home mom or a Tang Soo Do student —this summer's Yoga classes are just right for you. Tamara will help us relieve day to day tensions, teach balance, coordination and help to increase our flexibility.

Classes are for beginners to advanced

Friday Evenings from 7 to 8 pm on the following dates:

July 17th, July 31st

August 14, 21 and 28th

\$12 per session or purchase the all session package at a discounted \$55

Ages 10 and up—all fitness level and abilities are welcome

**Call 760-828-7165 for more info or
Register at www.akkarate.com**



Tamara Schreyer has been teaching Yoga in North County for over 8 years. She teaches yoga at many businesses, fitness centers and yoga studios. She is also the creator of Tamara's Yoga Fusion, an eclectic form of modern yoga with a fusion of Ashtanga, Vinyasa Flow, Power, Lyengar and Hatha Yoga combined with an exciting contemporary music mix.

For more information on her Yoga offerings, please visit her site at www.tamarasyoga.com