



# BEGINNER'S YOGA WEEKEND

JULY 31 & AUGUST 1, 2010  
DRIGGS, IDAHO

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Join Cate Stillman & Bridget Lyons, owner's of Yoga Tejas in an exploration into your body with yoga.

Join us for a weekend of transformation in health!  
Take home a short basic home practice to keep yourself moving into a deeper experience of healthy living.  
We can help you transform your past injuries into assets.

No Experience Necessary... that's the beauty of being a beginner!

Register @ [www.yogatejas.com](http://www.yogatejas.com)



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