

New Years Yoga Workshop

with Garry Alesio

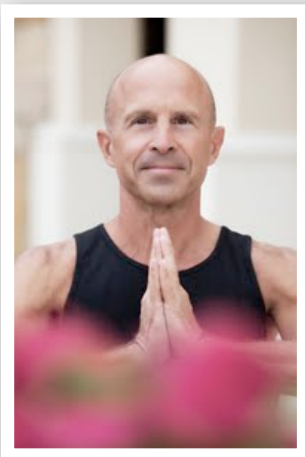
\$20 before Dec
31 / \$25 after
Dec 31

SUNDAY, Jan. 8
1pm-3pm



Start-off 2012 by participating in an active, personally challenging workshop designed for both new and experienced Yoga students. Improve your balance and range of motion, while incorporating elements of yoga to achieve spinal alignment, a healthy back, and happy hips. The workshop includes an opportunity to set intentions for the new year and ends with a final relaxation.

Garry Alesio



Get Inspired Yoga is a style of yoga as eclectic as the founder, Garry Alesio's life path. From carpenter apprentice to Co-owner of a large NYC construction company, Garry retired at the age of 49 to follow an inner path of service as a Social Worker in the field Drug Addiction & Alcoholism, Personal Trainer, an All Natural Bodybuilding Champion, and a Certified Yoga Teacher. Get Inspired Yoga is an exciting personal invitation to strengthen, explore, challenge, balance and let go when needed. Garry's commanding yet encouraging teaching style has students doing things they never thought they would ever do again! Get Inspired Yoga is an exciting practice ideal for anyone at a point in their life who is looking to create or deepen their commitment to a stronger, healthier body and mind.

Sign-up onsite at Vista Jazzercise or call 760-630-0101 to register by phone.

www.GetInspiredYoga.com