



P R E S E N T S

Yoga Practicum for Graduating Students

Free to the Public!

You are whole heartedly invited to attend the final practicum for our Yoga Training Graduates. These students have dedicated themselves intensely to the practice and now wish to share the fruits of their discoveries with you!

Sumptuous Refreshments Served Every Session!

Sixth Ave UCC ~ 3250 E. 6th Ave (Sixth and Adams)

Session I: June 5, 3:30-5:30pm

"The Complete Practice, a Full Yoga Journey"
-Phil, Shigeko, Svetlana

Session II: June 6, 1-3pm

"Opening the Spine and Hips" -Chris, Martha, Samantha, Jim

Session III: June 6, 3:30-5:30pm

"Opening the Spine and Hips" -Elena, Virginia, Brittany D. Michelle H.

Session IV: June 12, 1-3pm

"Heart Openers" -Jessica, Lana, Michelle Le

Session V: June 12 1-3pm

"Dessert Yoga, Grounding and Balancing Renewal" -Carmen, Nancy, Allyssa, Craig

Session VI: June 12, 3:30-5:30 pm

"Celebrating Back Bends" -Barbara, Bob, Brittney CT, Rachel

~ Please Bring any Props if you have them ~

Axis Yoga Trainings is **Denver's Only Donation Based Yoga Teacher Training**. We offer a thorough, in depth immersion into the heart of yoga practice. Our 200 hr. Yoga Alliance Certified school, is designed to meet practitioners of every level and propel them into being skilled instructors if they so choose. If you wish to go deep into yoga practice, I invite you to participate in this program.

axisyoga.net | 720-934-6943

