

# ***Yoga at Olla Terve Healing Studio***

1091 East US Hwy 24, Woodland Park, CO  
(Safeway plaza)



In Vinyasa Yoga classes, students coordinate movement with breath to flow from one pose to the next.

Yoga is a moving art and meditation that may lead you to your own inner peace, discovery and renewal.

Essential oils may be used to enhance your yoga practice.

## **2019 Winter Schedule**

**Tuesday, 8:00 - 9:00 am**

**Thursday, 8:00 - 9:00 am**

**Friday, 10:30 - 11:30 am (Gentle)**

Suggested Donation: \$8 – 15

**[www.OllaTerve.com](http://www.OllaTerve.com)** Check website for updates.

