

Spring Series of Weekend Classes with Caroline

Friday May 18 – Sunday May 20, 2018



Choose from the following classes:

Friday evening, May 18, 6:30-8:15 (\$25.00): An extra 15 minutes to explore a theme in more depth, as well as a longer Shavasana.

Saturday morning, May 19, 10:00-11:45 am (\$25.00): An extra 15 minutes to explore a theme in more depth, as well as a longer Shavasana.

Saturday afternoon, May 19, 2:00-4:30 pm (\$40.00): This is a half day workshop format, with more poses, exploring how to carry your openness into standing, walking, backbends, how to use your abdominals to keep your spine open while living your life.

Sunday afternoon, May 20, 3:00-4:45 pm (\$25.00): An extra 15 minutes to explore a theme in more depth, as well as a longer Shavasana.

To reserve your place in the class, please send a check made payable to:

Caroline Kutil
3022 Monhegan Way
Mt. Pleasant, SC 29466

Note: Please send your check soon to secure your space (allow 1 week for mail).

If you have any questions please contact Caroline at:
caroline@marlboroughyoga.com OR clkpink@aol.com OR call 843-885-6367.

THANK YOU TO ALL WHO PARTICIPATED IN MY LAST SERIES!

Hoping to see you again soon!