



Join us for an inspiring workshop  
with Sugi Yoga® founder,  
*Ofer Erez*

www.SugiHealth.com ♦ 925.934.3120

## Surya Namaskar – Sun Salutation

**Saturday, April 17**  
**2:00 – 5:00 p.m.**  
**\$60**

**Earlybird Discount \$40 before March 15**

**Lafayette Health Club members \$40**

Explore the depths of this wonderful yoga series – the Sugi way. Sun Salutation is a full body practice that increases strength, flexibility and stamina. Some find the Sun Salutation challenging to do. The Sugi Yoga approach brings ease into the Sun Salutation while increasing its benefits.



Workshop held at :

**Lafayette Health Club**  
**85 Lafayette Circle**  
**Lafayette, CA**  
**925.284.7732**

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Registration Form – Make check to: Sugi Health  
Send to: 2096 Hoover Ave, Pleasant Hill, CA 94523

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Workshop \_\_\_\_\_