

i've missed you guys!

dorit thies photo



**Coach
Steve Ilg,
“The Mountain Yogi”
returns to
LA
Saturday,
APRIL 19th
12:30-3:00 pm!**

Master Class includes

- ✓ “High Performance Yoga®” Asana
- ✓ Guided Pranayam & Meditation
- ✓ DharmaQuestions with Coach

Steve Ilg, former Staff Teacher at Marks Power Yoga...

Master Teacher and Founder of

HIGH PERFORMANCE YOGA®

author of

TOTAL BODY TRANSFORMATION

all abilities welcome, \$25/student, arrive on time!



**ONLY LA
APPEARANCE**

AT

MARK's POWER YOGA

4344 Tujunga Ave.

Studio City, CA 91604

(818) 769-6427

www.MarksYoga.com

Coach, the 2008 AZ Nordic State
Champion, shown here at 11,500' during the
Agassiz Uphill

learn more about Coach at:
www.WholisticFitness.com

