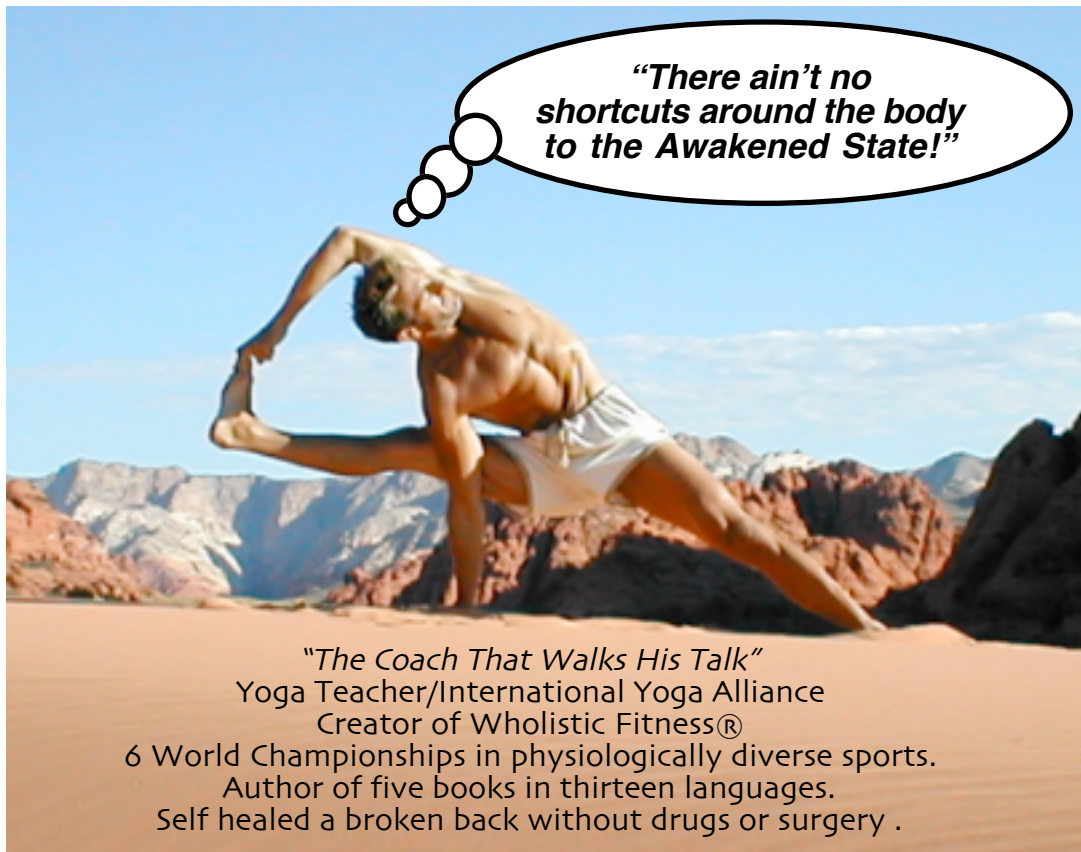


What do you do  
with something  
you own  
and is really,  
really, really  
Precious to you?



You "lock it up"  
somewhere  
right?  
Well, how well  
and where are you  
"locking up"  
the thing that matters  
most:  
your Life Force?



# The Energetics of Enlightenment Exploring Hatha Yoga's Subtle Anatomy a unique and acclaimed presentation by Steve "Coach" Ilg, ryt/cpt/uscf

**Saturday, May 10th**  
**at the**  
**NORTHERN ARIZONA**  
**YOGA CENTER**

113 South San Francisco Street - Flagstaff, AZ  
928\*774\*3144  
[www.NorthernArizonaYogaCenter.com](http://www.NorthernArizonaYogaCenter.com)

**12-3 pm**  
bring sitting cushion  
&  
Higher Self

\*\*\*  
\$50 Non-Members  
\$25 Members