

# Sunday, April 29th

## at Mark's Power Yoga

*"There ain't no shortcuts around the body to the Awakened State!"*



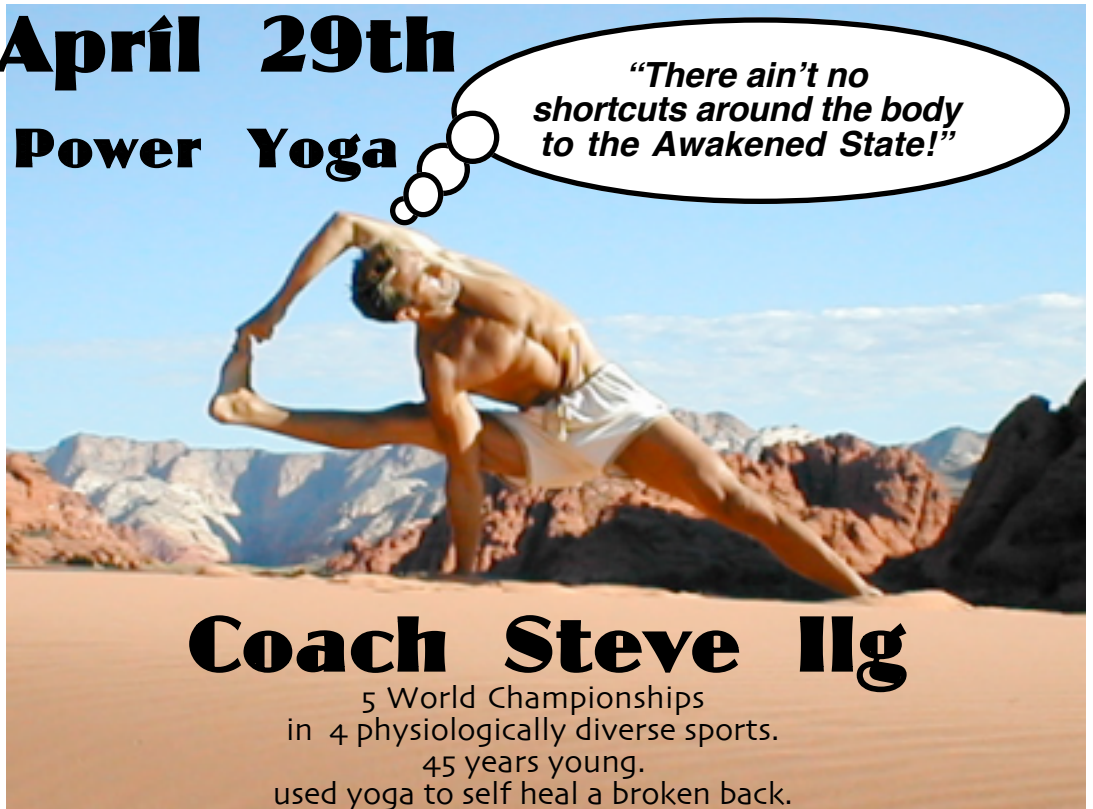
Coach and Joy are both graduates of Mark's Teacher Training and both were Staff MBPY Teachers.



Registered Yoga Teacher

coach is the acclaimed author of: TOTAL BODY TRANSFORMATION, THE OUTDOOR ATHLETE, & THE WINTER ATHLETE, et. al.

*"Why just workout, when you can work within?" - coach ilg*



### Coach Steve Ilg

5 World Championships  
in 4 physiologically diverse sports.  
45 years young.  
used yoga to self heal a broken back.

**with Joy Kilpatrick, cyt/cpt  
of ExerciseTV**

invite you to experience

# HP YOGA

Workshop: Internal Locks

12:30 - 1:30 pm

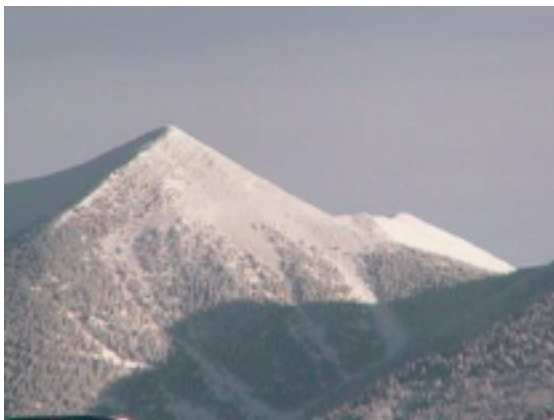
a nuts-and-bolts clinic on the energetic engine of Enlightenment; Mula Bandha, Uddiyana, and Jalandhara plus a pivotal and proven Pranayama Program designed for your daily use!

HP Yoga: Master Class

1:45 - 3:15 pm

dastardly fun strength sequence followed by some focused floorwork into anti-aging, health-restoring finish with coach's five-star relaxation meditation.

*all abilities welcome!* \$20 /workshop, \$25/Master Class  
\$40 for both.



**Down From The High Peaks to  
Serve you!**

HP Yoga®...born from the high peaks of the American Southwest specifically for North Americans!

visit HP Yoga® creator coach at:  
[www.WholisticFitness.com](http://www.WholisticFitness.com)

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