

coach setting a new Course Record



Coach Steve Ilg, "The Mountain Yogi" visits BRENTWOOD!

i've missed you guys!



dorit thies photo

Saturday, November 4th, 1-3 pm!

Master Class includes

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

all abilities welcome, \$20/student, arrive on time!



Joy Kilpatrick of ExerciseTV will be assisting Coach.

Coach and Joy are both graduates of Mark's Teacher Training and former Staff Teachers at MPY

learn more about Coach at:
www.WholisticFitness.com

Steve Ilg,
The Master Teacher and Founder of
HIGH PERFORMANCE YOGA®
and author of
TOTAL BODY TRANSFORMATION

*"I do think the Brentwood studio
should be christened with your
sacred mountain presence."*

- Mark Blanchard

MARK's POWER YOGA
11740 San Vicente Blvd.
Suite 202
Los Angeles, CA 90049
310.826.YOGA

www.MarksYoga.com