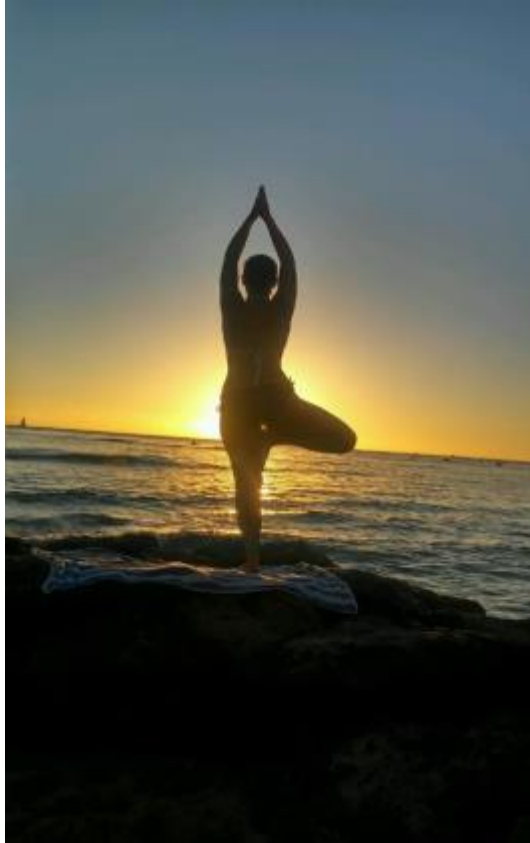


High Desert Yoga Presents

Aloha Yoga: a class series with Jill Palmer



Can't make it to Hawaii this year? Join us for some island-style yoga to bring more Aloha into your life. Jill is a former Maui resident blending Hawaiian Aloha Spirit, flowing movement and alignment into one yoga class. Remove toxins through the practice of hula, breath awareness and yoga. Create strength and flexibility while building calmness.

Two sessions available:

October 4–25, 4:00–5:15 PM

November 1 – 22, 4:00–5:15 PM

Each session: 4 Wednesdays

Walk-ins welcome *or register for a series at*
<http://www.highdesertyoga.com/prices-payments.html>

Cost: \$16 per class or \$54 for the 4-week series in advance

Jill Giri Palmer, E-RYT 500, has taught yoga in New Mexico, Hawaii, and India. She has studied and practiced yoga asana, yoga philosophy, meditation and pranayama, Indian classical music, Ayurveda nutrition and therapies, and Sanskrit in both India and the U.S. over the last 16 years. She received her teaching certification through High Desert Yoga and has studied for several years with teachers in Rishikesh, Jaganath Puri, Pondicheri, and Mysore, India. Her teaching is inspired by alignment yoga, the organic and authentic explorations of Angela Farmer, Self-awareness, and Aloha.

High Desert Yoga

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www.highdesertyoga.com • (505)232-9642