



Creating Your Own Personal Practice A Yoga Workshop

Sunday February 10, 2008
Taught by Johnny Macadam

Certified as a yoga instructor and currently studying yoga therapy, Johnny does not push, rather, he allows students to develop their highest potential. Yoga is primarily a practice intended to make each individual wiser and more able to understand life than they were before. This class is for those approaching yoga for the first time as well as seasoned yogis. Johnny is also available for private instruction.



Time: 1:30-2:45 PM February 10, 2008

Location: The Center Long Beach, 2017 E. 4th St.

Fee: Suggested donation \$10.00 (all proceeds benefit the Center)

Wear comfortable clothes and bring a large towel or yoga mat.

For more information contact:

Johnny Macadam at: johnnymacadam@msn.com or 562-230-1963

Or contact Louise Tallen at Louiset@centerlb.org or 562-434-4455



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