

Tapas 21

Establishing a Daily Practice

Yoga Master BKS Iyengar defines Tapas as “courageous, sustained practice”.

Have you ever wondered what a daily Yoga practice can do for your physical health, stress levels, and well being?

This special three-week course – taking you from Spring into Summer - will meet every morning from 6-7am for twenty-one days. Commit yourself to it and you will find the profound benefits and personal transformation of a daily practice.

Dates: June 13 through July 3, 2019

Time: 6:00am – 7:00am

**Place: Northern Lights Yoga’s studio space
9 W Placer in Helena**

**Teachers: Judy Landecker / Charles Udell /
and other teachers from Northern Lights Yoga**

Cost: \$126.00

**Send the form below & payment to Northern Lights Yoga
2751 Grizzly Gulch Dr
Helena MT 59601-9667**

Name: _____

Address: _____

Phone: _____ **E-Mail:** _____

Enclosed is my \$126 for the 21 day course – Tapas 21