

Wisdom On & Off the Mat

w/ Cate Stillman

* Thursday Sept 23 4:30-6:30 pm and/or 7-9 pm

\$70-Entire Workshop (both sessions)

\$40-Single Sessions

classes

Kitchen Medicine for Autumn (no yoga)

-4:30-6:30 pm

Evolve Your Yoga Through a Greater Purpose

-7:00-9:00 pm

* Private Consultations available
w/ Cate

- Thursday, September 23

- 55 minutes/\$125

Cate is a Clinical Ayurvedic Specialist and Certified Anusara Yoga Instructor. She conducts Ayurvedic & Anusara workshops in yoga studios around the country. She offers the distance learning Ayurvedic Living Course an exploration into evolving your health.



register

By emailing: INFO@LDYOGA.COM

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