

## 4 WEEK SERIES

Join us for **YOGA**

**MONDAYS:**

**SEPT 14, 21, 28, OCT 5**

**10-11am**

A **GREAT** compliment to  
your sports activities

CREATE greater balance,  
flexibility, strength.  
EXPAND and tap into  
your inner strength.  
Become more aware of the  
relationship  
between your mind  
and body.

Experience YOGA for  
the first time or  
DEEPEN your practice.  
Open to all levels

For Wolf Creek Residents

# YOGA at WOLF CREEK

BYO yoga mat or  
there are mats to use for \$1.

\$40 for 4-week series  
Drop-in rate: \$14 per class

Sign-up encouraged as space is  
limited

[www.interactive-yoga.com](http://www.interactive-yoga.com)

**WOLF CREEK CLUBHOUSE**  
31813 Murdock Lane ♦ Temecula

Questions? Please contact  
[Lorrie@interactive-yoga.com](mailto:Lorrie@interactive-yoga.com)

#### About the instructor:

**LORRIE SHEPARD, RYT 500**

Lorrie has worked with a diverse population.  
Leading workshops and classes throughout  
the Northeast, Lorrie now calls Southern  
California her home and is delighted to be  
involved in the community.

Her classes blend traditional and healing  
qualities of yoga. She encourages students  
to explore, discover and cultivate their  
potential and bring lightness into their  
practice and into their lives.

For more about Lorrie & to SIGN UP: [www.interactive-yoga.com](http://www.interactive-yoga.com)

