



THE CENTER

*A sanctuary for healing
a spa for wellness*

DETAILS



Instructor

VICTORIA HOWARD, RYT

The Center

**1 Hoffman St. Suite b
Auburn, NY 13021**

**Pre-registration &
Advanced Payment
required.**

**Contact The Center @
315.704.0319**



**TheCenter4Wellness.com
mah@TheCenter4Wellness.com**

***Individual instruction
available by appointment***

ABOUT VICTORIA



"I welcome you to the sacred science, art, and practice of yoga. May your practice bring you home."
~Donna Farhi

I first came to yoga as a way to relieve the stress of everyday life and realized that yoga was much more than an athletic workout to relieve stress. It brought me a sense of balance and calm I had never felt before. I decided to further my practice by trying different styles of yoga. I settled into a Hatha Vinyasa style yoga and decided to share this love with others by becoming a certified yoga instructor.

I teach a challenging, invigorating but light-hearted class blending the physical with an emphasis on the mental and spiritual facets of the practice.

Vinyassa Yoga Class Schedule Starting January 2012

**Wednesdays
6:00-7:15 pm**

**Saturdays
9:00-10:15 am**

**\$96.00 for 8 Weeks sessions
\$15 Drop In Fee**

(Please register early to avoid cancellation of classes)