

# YOGA

*Featuring Master Class Instructor...*

## Holly Gastil

SUNDAY, MARCH 20  
2:00-3:30PM



Holly Gastil began the practice with Tim Miller at the Ashtanga Yoga Center in 1994. Through her continued yoga practice and teacher training with Mr. Miller she started teaching in 2002. Holly's lighthearted teaching style reflects the flexibility she has gained, both mentally and physically, through the practice of Ashtanga yoga. Her classes are geared towards both the beginning practitioner and the more advanced Yogi. Holly continues to be challenged and inspired in her yoga practice on a daily basis.

**\*\*All students should bring their own yoga mat to this class.\*\***

**CLASS LOCATION: GROSSMONT COLLEGE—24-271 MAIN STUDIO**

**\$10-Cash Only**

**Students must pre-register for this class in the Dance Dept office.**