



COIL YOGA

300 Hour Advanced
TEACHER TRAINING

COIL Yoga 2018-2019 300 Hour Advanced Yoga Teacher Training

“Inspire Others to a More Conscious, Open, Integrated Life!”



EVOLVE, INSPIRE and AWAKEN your inner teacher...

It is an honor to offer our first Yoga Alliance certified Advanced 300 Hour Teacher Training program to the Central Valley community. With over one hundred combined years of experience, our faculty brings you the best of their teachings on and off the mat. Your journey into this teacher training is an investment on many different levels. The rewards of this experience will permeate into other areas of your life, resulting in self-knowledge and personal growth, while you develop the tools to enhance your offerings as a teacher. We invite you to begin this inspiring adventure at COIL Yoga...

Our Non-Residential Course meets 10 times over 10 months. This training provides an ideal setting for intermediate students and teachers alike to study over an extended period of time and is designed to accommodate your normal routines of life. The program schedule gives time between sessions to explore and incorporate new ideas, while sharing experiences in and beyond class with your new community of friends and fellow trainees. Students from any style of yoga who have completed a 200HR Yoga Teacher Training or have been practicing yoga regularly for more than 5 years are welcome.

YOUR GUIDES FOR THIS JOURNEY...

Peter Sterios, E-RYT 500

Cheri Clampett, E-RYT 500, C-IAYT

Arturo Peal, MA (TCM), LMP

Katherine Austin Wooley, E-RYT 200, KRI Certified

Kristin English, RYT 500, C-IAYT

See bios for all instructors on page 10

WHO WILL BENEFIT FROM THIS TEACHER TRAINING?

- Any teacher who has already completed a Yoga Alliance Certified 200-hour Yoga Teacher Training program who would like to expand and develop advanced teaching skills beyond the basics.
- Intermediate students who have completed their RYT 200 certification who are interested in deepening and expanding their practice.
- Upon completion of the 300-hour teacher training program, participants are eligible to register for their Yoga Alliance RYT 500 certification, along with documentation of their RYT 200- hour certification.

REQUIREMENTS FOR CERTIFICATION:

- Full participation and 100% attendance at all components of the 300 HR COIL Yoga Teacher Training is required.
- Completion of independent study materials, homework and non-contact hour assignments.
- Certification could be jeopardized by tardiness, early departures and any missed modules for the training.

EXPECTATIONS OF YOU FROM YOUR TEACHERS:

- It is essential that you have a commitment to yourself, your fellow trainees, and your instructors in this training. Please come to each module ready to jump in and participate fully.
- It is expected that you have the willingness, health, and time to commit to 100% of this training.
- Communicate openly and honestly with your teachers about any concerns, issues etc. you are having that are affecting your ability to “show up” during the training. We will do our best to work with you within reason.

STEPS TO APPLY FOR THE TRAINING:

1. Attend an informational meeting at COIL Yoga - Choose from either of two dates!
 - Thursday, March 8, 7:30-8:30pm OR
 - Wednesday, April 18, 7:30-8:30pm atPlease register online through MINDBODY for this FREE informational session to meet most of our faculty.
2. Attend a FREE yoga class taught by Peter Sterios prior to each Informational Meeting.
 - Thursday, March 8th from 6:00-7:15 pm – Pre-Registration is a must with your MINDBODY account.
 - Wednesday, April 18th from 6:00-7:15 pm – Pre-Registration is a must with your MINDBODY account.
3. Attend one of Katie’s yoga classes at COIL Yoga and set up an in person meeting to discuss the training with Katie.
4. Fill out an application.
5. Fill out the Enrollment Agreement and pay your deposit once the above steps have been completed and your application has been accepted.

Welcome to the JOURNEY...

A few words on how this training was developed...Each of our faculty has a wealth of knowledge and experience to offer the students of this training. I know them all personally and have the highest level of respect for them as people and teachers of this sacred tradition. They all embody the lifestyle and teachings of Yoga on and off the mat and serve as true role models for their students. They are humble, honest, and transparent on many levels. It was easy for me to decide who I wanted to invite to be a part of this experience for the students of this training because of my confidence and trust in these amazing teachers. Each one has a different background and perspective on Yoga and how it can help us in this day and age of modern culture and lifestyles. We are here as students first always, and as guides next, remembering how important it is to be able to put ourselves into the fire so we can learn from experience. All of these teachers are practicing what they have lived and are living. This embodiment is such a valuable tool in becoming a diverse and experienced teacher of Yoga.

The opportunity to learn and deepen your Yoga journey is here, the teachers have committed, and now we invite you to join us. We would be honored to be your guides on this intimate and soulful journey.

MODULE SCHEDULES

- Please note that all times are subject to change and proper notification will be given in advance.
- Module Descriptions and Instructor Bios are listed after the Module Schedule.

AUG 10-19, 2018 (68.5 hours)

Awakening to Lightness/Mastery of Teaching/Spine Mechanics – Peter Sterios

Friday	8:30am to 5:30 pm	(1.5 hr break)	7.5 hours
Saturday	12:00pm to 7:30pm	(.5 hr break)	7 hours
Sunday	10:00am to 5:30pm	(.5 hr break)	7 hours
Mon	8:30am to 5:00 pm	(1 hr break)	7 hours
Tuesday	7:00-11:30am	(short day)	4.5 hours
Wed	8:30am to 5:00 pm	(1 hr break)	7 hours
Thursday	8:30am to 5:00 pm	(1 hr break)	7 hours
Friday	8:30am to 5:30 pm	(1 hr break)	7.5 hours
Saturday	12:00pm to 7:30pm	(.5 hr break)	7 hours
Sunday	10:00am to 5:30pm	(.5 hr break)	7 hours

SEP 28-30, 2018 (21.5 hours)

Yoga Therapeutics – Working with Injuries and Correct Application of Props – Peter Sterios

Friday	12:00pm to 7:30pm	(.50 break)
Saturday	12:00pm to 7:30pm	(.50 break)
Sunday	9:00am to 5:00pm	(.50 break)

OCT 26-28, 2018 (20 hours)

Meditation, Mantra and Pranayam - Katherine Austin Wooley

Open to the public, limited space. Course Fees: \$475.00 Early Bird by October 1st, \$525.00 Full Price

Friday	12:00pm to 7:30pm	(.50 break)
Saturday	12:00pm to 7:30pm	(.50 break)
Sunday	10:30am to 5:00pm	(.50 break)

NOV 9-11, 2018 (21.5 hours)

Inner Teacher Revival – Advanced Practices and Teaching Mentorship – Peter Sterios

Friday	12:00pm to 7:30pm	(.50 break)
Saturday	12:00pm to 7:30pm	(.50 break)
Sunday	9:00am to 5:00pm	(.50 break)

DEC 7-9, 2018 (18 hour)

The Body Lab: Human Biomechanics and Yoga – Kristin English

Open to the public, limited space. Course Fees: \$450.00 Early Bird by Nov 15th, \$500.00 Full Price

Friday	12:30pm to 7:00pm
Saturday	12:30pm to 7:00pm
Sunday	10:30am to 4:00pm

JAN 18-23, 2019 Friday-Wednesday (40 hours), Daily from 10:00am to 6:00pm

Therapeutic Yoga Level I - Cheri Clampett and Arturo Peal

Open to the public, limited space, entire 40 hours of training must be taken.

Course Fees: \$950 Early Bird by Jan 1st 2019, \$995.00 Full Price*

OR

JAN 25-30, 2019 Friday-Wednesday (40 hours), Daily from 10:00am to 6:00pm

Therapeutic Yoga Level II - Cheri Clampett and Arturo Peal

Open to the public, limited space, entire 40 hours of training must be taken.

Course Fees: \$950 Early Bird by Jan 5th 2019, \$995.00 Full Price*

*If both Therapeutic Level I and Level II are taken back to back, participant receives \$100 off total price.

Please plan for 6 full days of training with 8 hours of instruction each day, plus a one-hour lunch and some short breaks throughout the day. From personal experience I would strongly recommend taking a full day off of work to be present for this very powerful and transformational part of our training.

Choose *either* Level I or Level II Therapeutic Yoga. Level I Yoga with Cheri and Arturo is a pre-requisite for Level II. If you have not studied with Cheri and Arturo before, you must take Level I for those on the 300 HR YTT path.

FEB 22-24, 2019 (20 hours)

Living Ayurveda and India's Sacred Texts - Katherine Austin Wooley

Open to the public, limited space. Course Fees: \$475.00 Early Bird by Feb 1st, \$525.00 Full Price

Friday	12:00pm to 7:30pm (.50 break)
Saturday	12:00pm to 7:30pm (.50 break)
Sunday	10:30am to 5:00pm (.50 break)

MAR 8-10, 2019 (21.5 hours)

Stepping Up Your Poses – Intermediate and Advanced Asana – Peter Sterios

Friday	12:00pm to 7:30pm (.50 break)
Saturday	12:00pm to 7:30pm (.50 break)
Sunday	9:00am to 5:00pm (.50 break)

APR 12-14, 2019 (18 hours)

The Science of Yoga: *The Study of Nature and Spirit* - Kristin English

Open to the public, limited space. Course Fees: \$450.00 Early Bird, \$500.00 Full Price

Friday	12:30pm to 7:00pm
Saturday	12:30pm to 7:00pm
Sunday	10:30am to 4:00pm

MAY 17-19, 2019 (23 hours)

Teaching Assessments – Real-Time Evaluation and Review – Peter Sterios

Friday	12:00pm to 8:00 pm (.50 break)
Saturday	12:00pm to 8:00 pm (.50 break)
Sunday	9:00am to 5:30 pm (.50 break) GRADUATION DAY!!!

100% Participation in all the modules in this training is required to receive your 300 HR Yoga Alliance Certificate and for qualification for the 500 HR RYT certification. Some modules will be open to outside students interested in advanced learning or CEUs.

MODULE DESCRIPTIONS

AUG 10-19, 2018 (70 hours)

Awakening to Lightness/Mastery of Teaching/Spine Mechanics – Peter Sterios

Awakening to Lightness

- Experience a personal immersion into the physical practices of LEVITYoga™.
- Document through journaling your personal intentions, goals, and real-time experience found in consistent practice over 10 days.
- Observe the essentials necessary for sustainable practice and the subtle differences found when practicing with the principles of Gravity and Grace™.

Mastery of Teaching – Presence | Movement | Touch

- Revisit the role of teacher and the power of presence.
- Learn how LEVITYoga™ and the elements of Gravity and Grace™ inspire movement for your sequencing and teaching.
- Gain in-depth understanding of “intuitive alignment” and its applications in static and dynamic poses.
- Build deeper powers of observation and skills regarding how to apply touch with sensitivity while recognizing each student’s ability to receive the adjustment.

Spine Mechanics - Anatomy and Functional Misconceptions

- Learn the three simple Practice Principles of LEVITYoga™, which apply to any level of student, to keep your classes safe and minimize the risk of student injury.
- Study the functional anatomy of the spine and common misconceptions about its capacity for bending (forward, backward, and laterally), twisting, extension and compression.
- See how the inherent shape of all poses can naturally activate what's needed in terms of body response with a better understanding of balance and ground.

SEP 28-30, 2018 (21.5 hours)

Yoga Therapeutics – Working with Injuries and Correct Application of Props – Peter Sterios

- Learn to safely apply restorative techniques through a variety of poses and appropriate modifications.
- Discover the source of many of the common yoga-related injuries, including improper sequencing, inexperienced teacher instruction, inappropriate adjustments, and insensitivity to student limitations.
- Learn to address symptoms of imbalance and support each individual's natural healing forces with restorative strength and flexibility poses, and the application of props.

OCT 26-28, 2018 (20 hours)

Meditation, Mantra and Pranayam - Katherine Austin Wooley

Session 1 BREATH & MEDITATION - Cleansing, Purifying and Uplinking

- Mastering the Breath: Study & practice Kundalini based pranayama technologies/meditations.
- Receive a powerful, daily inner- mantra based meditation for life.
- Learn how to change your teaching from doing to allowing it to come through you.

Session 2 MANTRA - Saturation in Vibration

- Study the science of Naad Yoga: how mantra & chanting works and how to translate it in an “earthly” way to your students.
- Learn Shabd Guru: a quantum technology; sound current as Teacher.
- Experience Sound Current through chanting: rhythm, projection and pronunciation.

Session 3 AWAKENING THE SOUL- Fully Connecting

- Understand living in the Aquarian Age and your role as a spiritual teacher.
- Diving Deep: experience longer group meditations and pranayamas to prepare you to be a clearer channel as a teacher.
- Realize uplifting your consciousness to serve your students in the purest way.

NOV 9-11, 2018 (21.5 hours)

Inner Teacher Revival – Advanced Practices and Teaching Mentorship – Peter Sterios

- Discover and experience the first steps of the advanced practices of Pranayama, Pratyahara, and Samyama (Dharana, Dhyana and Samadhi).
- Master the subtle qualities of breathing and establish a regular pranayama practice while learning how to teach pranayama to your students.
- Learn how to sit comfortably and cultivate deep inner stillness, the primary component for the radiant mind necessary for Pratyahara and Samyama.
- Work one-on-one with an advanced teacher to discover your authentic inner voice, as an inspiration for your practice and your teaching.

DEC 7-9, 2018 (18 hour)

The Body Lab: Human Biomechanics and Yoga – Kristin English

- Investigate the human body in the context of the modern lifestyle and its physical effects on particular structures of the body, nervous system, and mind.
- Study the strategic Anatomy most affected by this lifestyle and how it affects our yoga postures, as well as our day to day habits.
- Learn to innervate and activate dormant muscle groups and look at the potential role that our habits play in modern affluent ailments.
- Learn to assess your own alignment and sharpen your observation and teaching skills.
- **The Body Lab:** Assist each other in fine tuning general alignment principals as well as assessing them in key yoga postures. In addition, we will invite guest students into the lab to work on refining our ability to see and approach yoga postures with a new lens.
- Experience how to weave these new tools into your yoga classes, creating a safer long-term environment for a broader audience.

JAN 18-23, 2019 Friday-Wednesday (40 hours), Daily from 10:00am to 6:00pm

Level I Therapeutic Yoga – Cheri Clampett C-IAYT, E-RYT 500 and Arturo Peal MA, (TCM), LMP

The Therapeutic Yoga Training Program gives yoga teachers the skills to work intelligently with students who are living with chronic illness or injury, as well as pregnant and aging populations. Knowing how to work with these groups will deepen your confidence as a teacher, expand the range of private clients you can work with, and increase the types of classes you can offer. The training also offers a great education in the gentler styles of yoga that can be incorporated into more active classes. Therapeutic Yoga is a comprehensive system of restorative yoga, gentle yoga, breath awareness, and guided meditation specifically designed to enhance the body's own capacity to heal. Using readily available props such as bolsters and blankets to gently support the body, the benefits of Therapeutic Yoga are accessible even to those recovering from injury or illness. Breath work, guided imagery, and hands-on healing modalities are also part of the system, working to balance the body and ease the mind. In addition to yoga teachers, our graduates include nurses, physical therapists, and other healthcare professionals. They are able to integrate the techniques taught in the training into patient care. Many of them have successfully taken Therapeutic Yoga into hospitals, hospices, home-care situations, and many other areas of healthcare.

This 40-hour foundational course covers the basics of Therapeutic Yoga. In addition to the theory and practice of restorative yoga postures and gentle yoga, participants will learn:

1. Physiology of stress and relaxation
2. Anatomy from the yogic perspective
3. Benefits and contraindications of each posture
4. Effect of posture on acupuncture meridians
5. Implications of scar tissue and adhesions
6. Sequencing guidelines for poses
7. Integrating postures with breath work and guided imagery
8. Incorporating hands-on healing techniques
9. Supporting healing in students or clients
10. Learn how to give one-on-one Therapeutic Yoga sessions

This program is open to physical therapists, nurses, occupational therapists and other healthcare professionals (no previous experience with traditional Yoga practices is required) and to yoga teachers who have completed a basic yoga teacher training course. For yoga teachers, this course may be applied toward the 200 or 500-hour registry with Yoga Alliance. For nurses, we are provider approved by the California Board of Registered Nursing, Provider Number 14063, for 40 contact hours.

JAN 25-30, 2019 Friday-Wednesday (40 hours), Daily from 10:00am to 6:00pm
Level II Deepening into Therapeutic Yoga - Cheri Clampett C-IAYT, E-RYT 500 and Arturo Peal MA, (TCM), LMP

Deepening into Therapeutic Yoga is open to graduates of the Therapeutic Yoga Training Program as part of the COIL Yoga 300-hour advanced training. Come learn a variety of ways to enhance and build on the skills you learned in the Therapeutic Yoga Training Level I. Finesse communication and listening skills, learn new hands on healing techniques and adjustments, and deepen your understanding and knowledge of Therapeutic Yoga to better serve the populations you work with.

Included in the training will be information about specific conditions and ways to work with cancer, autoimmune diseases, neurological disorders, stress-related illnesses, and injuries.

Modalities include:

1. Gentle Yoga
2. New restorative yoga poses
3. Variations of poses introduced in Level I that require fewer props
4. Additional hands on energy and healing techniques
5. Techniques to increase range of motion and improve joint function, including methods for freeing limitations caused by shoulder injuries
6. Interactive guided meditations for one-on-one sessions
7. Scripted meditations and suggested sequences for specific conditions
8. Communication and listening methods for working effectively with clients

This program is open to physical therapists, nurses, occupational therapists and other healthcare professionals (no previous experience with traditional yoga practices is required) and to yoga teachers who have completed and been certified in Level I Therapeutic Yoga. For yoga teachers, this course may be applied toward the 500-hour registry with Yoga Alliance. For nurses, we are provider approved by the California Board of Registered Nursing, Provider Number 14063, for 40 contact hours.

FEB 22-24, 2019 (20 hours)
Living Ayurveda and India's Sacred Texts - Katherine Austin Wooley

Session 1 AYURVEDA 101 - Setting the Foundations

- Begin or deepen your knowledge of the relationship of Ayurveda and Yoga to take your students deeper within their yoga practice
- Learn how developing more consciousness drives better health
- Discover your own constitution and how to create optimal Ojas

Session 2 IN THE KITCHEN - Spices | Pantry | Cooking

- Learn to birth your own Ayurveda kitchen
- Participate in prepping, cooking and tasting basic recipes
- Go home with recipes to transform your cooking and palate

Session 3 LEVERAGE, LEGACY AND LINEAGE - The Yoga Sutras and Japji.

- Spend time reflecting on Patanjali's work for better knowledge of yourself and your real potential
- Study, learn and practice the paurees of northern India's Song of the Soul
- Learn how to integrate these powerful texts into your everyday Sadhana and teaching to take your students beyond the physical practice of yoga

MAR 8-10, 2019 (21 hours)

Stepping Up Your Poses – Intermediate and Advanced Asana – Peter Sterios

- Learn the building blocks and preparatory practices that will lead you towards a gradual mastery of more advanced poses, including compound Standing Poses, Backbends, Inversions, Forward Bends, Arm Balances, and Twists.
- Break down the key pieces of simple poses that hold the keys to more advanced poses and variations.

APR 12-14, 2019 (18 hours)

The Science of Yoga: *The Study of Nature and Spirit* - Kristin English

- Study the Indian school of Samkhya, understanding its Vedic roots.
- Look at Samkhya's roll on the path of Yoga and its influence in the Bhagavad Gita, Upanishads and Yoga Sutras.
- Experience practices that guide you through different elements of Samkhya, enriching the yoga practice at a cellular level (Prakriti and Purusha, the three Gunas, the Koshas, the 5 elements, 5 sense organs).
- Self-Study: The final day will be a day of retreat and self-study while immersed in nature. We will investigate ourselves the way the early scientists of the Vedic period did, contemplating our new knowledge of Samkhya and its physical counterpart Yoga. You will be guided through a day of mindful contemplation: movement/pranayama, silent meditation and connection to the human mind/body experience to enrich your experience of your Self while absorbed in nature.
- Bringing new inspiration and depth to your understanding of this ancient practice can help you to expand your offerings to longer formats like workshops, master classes and retreats.

MAY 17-19, 2019 (21 hours)

Teaching Assessments – Real-Time Evaluation and Review – Peter Sterios

- Re-energize your professional skills with real-time practice teaching sessions supported by your community of peers and teacher mentors.
- Tune-up your powers of observation, curiosity and creativity that first inspired your decision to teach, guiding you further along your teaching path.

INSTRUCTOR BIOS

Cheri Clampett, E-RYT 500, C-IAYT

Cheri founded the Therapeutic Yoga Training Program in 1998. She is a certified yoga therapist with over 20 years of teaching experience and is passionate about bringing the benefits of yoga to those recovering from or living with injury or illness. Cheri has presented Therapeutic Yoga at Beth Israel Medical Center and Rusk Institute at NYU Medical Center and currently teaches yoga at the Cancer Center of Santa Barbara. Cheri's teaching focuses on the healing aspects of yoga: freeing the body, breath and flow of energy through practicing with awareness, compassion and love. Visit www.therapeuticyogatraining.com for more information about the Therapeutic Yoga Training.

Katherine Austin Wooley, E-RYT 200, KRI Certified

Katherine, E-RYT, opened Karma Yoga in Bloomfield Hills, Michigan in 2003(www.karma-yoga.net). She is certified in Kundalini Yoga and Meditation, The Khalsa Way Prenatal Yoga, Ashtanga Yoga, Hatha Yoga and Vinyasa Yoga. She is a teacher of yoga for over 24 years, a Heart-Based Meditation Technique teacher, and registered Yoga Alliance Yoga School (RYS) and Yoga teacher trainer. Katherine has lead yoga retreats and workshops around the world. Still owning and directing Karma Yoga, Katherine now lives and teaches in

California with her husband, Mike Wooley. Katherine also serves as Chairman of the Board for Yoga West, Los Angeles. Katherine and Mike are the parents of 4 grown sons.

Kristin English, E-RYT 200/RYT 500/C-IAYT

I have been on the path of Yoga for over two decades now. Step by step my being has changed and slowly over time, the path has become what I live. I have been fortunate to learn from so many masterful minds and am honored to participate in this work on all levels. I will continue to practice, open myself to growth, and aim to integrate and share what I embody with others. Last year I became a certified Yoga Therapist under the IAYT and finished a 2-year program in Human Biomechanics and natural movement, called Nutritious Movement, created by Katy Bowman. I am enjoying the marriage of all of this information and am designing trainings that bring in the modern science of the body, to update and assist practitioners and teachers of yoga, and lovers of movement. Awareness of how the modern lifestyle has affected our body systems and structures is key to developing better habits, so that we can take action toward a future mind-body full of vitality, awareness and ease. For an extended biography visit:
<http://knowtheself.net/Welcome.html>.

Arturo Peal, MA (TCM), LMP

Arturo Peal is a yogi and knows that a yogi learns through direct experience. His teaching style inspires awe, curiosity and profound connection within for the miracles of the human body. He has a unique ability to create simple models that explain complicated material in a straightforward manner. This course will especially appeal to those who may not feel comfortable in a traditional Western anatomy course. Since 1988 Arturo Peal has been inspiring and educating yoga teachers, body workers, and movement specialists across the globe through his classes in Anatomy, Kinesiology, and Therapeutic Touch. With a unique gift for translating complex scientific concepts into tangible, applicable teachings for his students, he raises awareness of how their own bodies work.

His trainings have been held at world-class training centers including Integral Yoga Institute (NYC & SF), rainbow Kids Yoga (Vietnam & Italy), Face Force Yoga (Slovenia), Yogaville Virginia, White Lotus Foundation (CA), and Mar de Jade (Mexico).

Peter Sterios, ERYT-500

Peter Sterios ERYT-500 has been part of the global yoga community for over four decades as a teacher, writer, and entrepreneur based in San Luis Obispo, California. He is the creator of Manduka™, an leading eco-yoga products company based in Los Angeles. In 2009, Yoga Journal included his first DVD, *Gravity & Grace*, in their “top 15 yoga videos of all time” and his popular LEVITYoga™ Show appears on YogaAnytime™. He is an award winning architect, specializing in green yoga studios and retreat centers; co-founder of karmaNICA™, a charitable organization for impoverished kids in western Nicaragua; and for three years, taught yoga at the White House for Michelle Obama’s anti-obesity initiative (2011-2013). Peter’s influence through his teaching, writing, and innovative design has been felt worldwide, and his lighthearted approach with LEVITYoga™ offers unique insight to the evolving art of yoga. Peter’s first book *‘GRAVITY & GRACE; How to Awaken Your Subtle Body with the Healing Power of Yoga,’* published by Sounds True, is due in Spring 2019.

For Application, Enrollment Agreement, Tuition and Payment Options, go to <https://coilyoga.com/300-hr-ytt/>

Please email Katie Flinn kflinn@coilyoga.com with your questions.

Namaste'

-Katie Flinn and your 2019-2019 COIL Yoga Advanced Teacher Training Staff!!

COIL Yoga Studio

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