



live oak yoga

Mondays
1 PM

May 11th – June 1st 2015
weather permitting

Joanne Tait, L.Ac. teaches a blend of yoga influenced by Sivananda, Hatha, Iyengar and Vinyasa styles.

She received her instructor training in 2005 at the Sivananda Yoga Ashram in Nassau, Bahamas and has been teaching in Austin since 2007.

Joanne also practices acupuncture and Chinese medicine.

Join us outside for a well-balanced, invigorating afternoon yoga practice.

Please bring a yoga mat/large beach towel and water. As we'll be practicing outdoors, sunscreen is always a good idea.

Suggested donation \$10 - 50% of all donations will go to the Austin Humane Society

Classes not held when raining.

Classes taught at



Clear Point Wellness

2001 S 1st Street
Austin, TX 78704

www.clearpointwellness.com

www.joannetait.com

joanne@joannetait.com