



# OUTDOOR YOGA AT JAMES RANCH

with Sheryl McGourty & Deb Buck  
June-August

*Wake Up + Get Revitalized!*

**Mondays + Fridays | 9-10am**

*Begins June 2nd!*



Join us for morning yoga on the terrace at James Ranch, in the heart of the spectacular Animas Valley. We will offer skillful instruction, encourage a steady breath practice, promote playfulness and foster our connection with nature.

You will receive a well-rounded practice with options for all levels.

- Please pre-register or pay a cash drop-in (\$24)
- YD class packs/memberships are accepted
- Bring your own mat/props

## JAMES RANCH

DURANGO EST 1961 COLORADO



YOGADURANGO

[www.yogadurango.co](http://www.yogadurango.co)