

# Find upward bliss with downward dog.

Join thousands across the country for this history-making celebration where novices, yogis, couch potatoes and triathletes, young, old and everyone in between join together to stretch mind, body and spirit through the practice of yoga.



a national celebration of yoga!  
[Yogadayusa.org](http://Yogadayusa.org)

## SAVE THE DATE

**Saturday, January 24, 2009**

12 p.m. – 4 p.m.

Trinidad Community Center  
1309 Beshoar Ave  
719 - 846 - 7007

**Cost:** This is our offering to the community. We welcome everyone.  
Come as you are!

## In the Peaks Yoga

[in.the.peaks.yoga@gmail.com](mailto:in.the.peaks.yoga@gmail.com)  
will offer yoga on the mat for everyone.  
Sessions will be offered as followed:

**12 p.m.** – Our noon class is for beginners. It is for those who have never been on the mat or think their body size is too big, too tight or too old for yoga.

**1:30 p.m.** – This class is for yoga enthusiasts. Participants can range from the “Yes, I’ve been to a few classes” to the “I can invert, twist and sometimes stand on my head.”

**3 p.m.** – We will offer a special class to benefit the health and well-being of The Peak’s teens. Using today’s hot music, we will introduce the postures of bending, twisting and balancing as jump-off points to develop concentration levels on and off the mat.