



# the yoga loft

## **Welcomes Bobbi Boston**

**Saturday Classes begin  
February 7, 2009  
10:30am**

“I began practicing yoga in March 1997. I knew from my first class that this was my path; to learn and to teach. I am amazed at the healing power of yoga.

I believe in a holistic approach therefore my personal practice encompasses meditation, pranayama (breathing techniques) and asana (postures) as well as the daily practice of gratitude, compassion and determination.”

Bobbi has studied, taught and practiced yoga in Australia, Thailand and India. Her classes are warm and safe encouraging each student to explore themselves with sensitivity and kindness. Classes are creative, challenging and playful with a focus on a balance of breath and movement in the vinyasa style. She is a dedicated student and a gifted teacher who continues her teaching education and practices daily.