

# Awareness Series

## The Purpose of Yoga

### Free Class

- *Understand the basis of yoga.*
- *Learn how yoga integrates the mindbody system.*
- *Experience simple poses that can get you started.*



Facilitated by:

William Dean, M.D.

314 Martin L. King Jr. Way, Suite 103

Tacoma, WA 98405

(253) 272-4013

dean@nwcwb.com

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*Wednesday*

*May 24, 2006*

*5:30 P.M. — 6:30 P.M.*

*Location: MultiCare Campus*

*Call for specific location (253) 272-4013*