



# Update Center

## Great Falls Yoga



New Spring Schedule: visit our online schedule system for a list of offered programs:

<http://clients.mindbodyonline.com/ws.asp?studio=GreatFallsYogaInstitute&stype=1>

## Spiral Flight Yoga



Interested in teaching yoga? Hatha Yoga Teacher Training starts in May. Check it out!

<http://www.spiralflightyoga.com/hathayogatraining.html>