



High Performance YOGA® with Coach Ilg

*"Going to your yoga practice each week makes me so happy! I can never stop giggling afterwards! Thank you!"
- Valerie, Flagstaff, AZ*

*"No one has ever gotten me into better shape than you. THANK YOU...you are the BEST!"
- McKenzie Westmore, star of TV's "PASSIONS"*

*"Dear Coach Ilg,
My deepest Gratitude to my Brother of the Sacred Sweat for helping me to set two World Records."
- Michael "The Hammer" Secrest*

*"Steve Ilg has excelled in more sports than most people ever even try."
- OUTSIDE MAGAZINE*

*Come and experience the world exclusive: HP PROP WORKOUT!
Designed to compliment ALL styles of yoga as well as a secret world class weapon for sports performance!
PROP Workouts are each THURSDAY!*



Privates and Semi-Privates available

"Why just keep working out, when you can work within?" - coach ilg



Ryoga and Yoga Teacher

New Location! Beautiful Studio! More Classes!

Now each Tuesday & Thursday @ 5:30pm!

at the NORTHERN ARIZONA YOGA CENTER

all abilities welcome! Drop In Visits or Great Membership Deals!

studio website www.NorthernArizonaYogaCenter.com

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visit coach's website www.WholisticFitness.com