

Practice Time:
Monday - Saturday*
7:30-9:30 am



PineappleYoga
KAUAI

All Levels Welcome
Kilauea
Kauai



Location:
Parish House
across the Street
from
Menchune Mart

"99% Practice 1% Theory"
- Sri K. Pattabhi Jois



Traditional "Mysore Style" Ashtanga Yoga on the North Shore

As taught by Yoga Master Sri K. Pattabhi Jois of Mysore, India

PineappleYoga.com

See Website for Monthly Tuition, Class Info, & Directions!
* No Practice on ○New & ●Full Moon