

Yoga

with Jim Gallas

**10:30 am – noon
Tuesdays & Thursdays**

**at Don Pedros Palapa
On the way to Los Muertos Beach
past Villa Amor on the right**

**Available to teach
small groups or
individuals in your
own space.**

**Shiatsu & Deep Pacific Massage
available in a tranquil jungle
setting with Jim,
25 years experience.**

jim@relaxedfocus.net

About Jim Gallas: Jim has been teaching yoga for over 20 years. He has studied with some of the world's finest teachers from various lineages. Jim teaches ongoing classes in Santa Cruz, California, and Sayulita, Mexico. He teaches workshops at Esalen Institute, Big Sur, California, Harbin Hot Springs, California, and other locations. He also teaches anatomy, Qi Gong, and Shiatsu.

