

AUGUST YOGA INTENSIVE



August 10th - August 28th, 2010

Tuesday - Friday: 6 - 7:30 pm, Saturday 9 - 11 am

Entire workshop: \$125, \$50/week, 1 yoga buck/class & 2 on Sat.
or \$15/class & \$30 on Sat.

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Join me for a progressive exploration of Hatha yoga. This is the first time I'm offering a class like this to encourage a deeper participation in your practice.

What is a progressive series?

Week 1, 08/10 - 14 is an in-depth exploration of the basis of practice. A rich experience for beginners, those returning to yoga and those already in a committed practice.

Week 2 will pick up where 1 left off, introducing new poses and deepening the practice.

By Week 3 we're ready to roll.

Saturday will be restorative with pranayama and sutra discussion.

Students of all levels will be accommodated in all classes.

You may attend the entire program or just once a week at your discretion.

Note: Thursday class will meet at 6 pm not 6:30 and resume at 6:30 in September.