



10 Days of Intro to Power Vinyasa Yoga: Daytime Edition



July 25th – August 3rd, 2006



“This Kundalini should be awakened by catching hold of her tail. By the force of Hatha, the Shakti (Kundalini energy) leaves her sleep, and starts upward.” -Hatha Yoga Pradipika



*Get Into the Best Shape of Your Life in this Challenging
10 Days of Introduction to Power Vinyasa Flow Yoga!*

Suitable For Students New to Vinyasa Flow!

Tuition \$56.00

*Passport to Balance \$44.00

*Due June 15th, 2006

- *Power Yoga Those Extra Calories**
- *Gain Optimum Fitness This Summer**
- *Develop Power and Strength, Focus and Concentration**
- *Fine Tune Your Power Yoga Practice**
- *Realize Total Core Strength and Pelvic Stability**
- *Lift Up In Arm Balances**
- *Move On To the Next Level in Your Practice**
- *Fine Tune Your Perception of Breath and Prana**
- *Have Fun**

****Please note that "10 Days of Intro to Power Vinyasa Yoga – Daytime Edition" classes falling during regular class times may be attended by all Yoga Rasa students...you do not need to be enrolled in the 10 Day Challenge to attend those REGULAR class times that include the 10 Day Challenge.**

Schedule of classes:

July 25, Tuesday	9am-11am	Tracie
July 26, Wednesday	11:30am-1:30pm	Liz
July 27, Thursday	9:30am-11am	Tracie
July 28, Friday	9am-11am	Liz
July 29, Saturday	9am-10:30am	Tracie
July 30, Sunday	9:30am-12pm	Tracie
July 31, Monday	9am-10:30am	Summer
August 1, Tuesday	9am-11am	Liz
August 2, Wednesday	11:30am-1:30pm	Liz
August 3, Thursday	9:30am-11am	Tracie

Registration

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phones: _____
Email: _____
Known Health Conditions: _____

Disclaimer

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor. By undersigning, I have reviewed, understand and agree to the above disclaimer.

Signature