

THE YOGA & MOVEMENT CENTER



INTRODUCTION TO YOGA SUTRAS

WITH JUDITH HANSON LASATER, PHD

Patanjali's Yoga Sutras provide the framework for our study of yoga on all levels. As yoga teachers, we owe it to ourselves and our students to study this famous text. But where to start?

This workshop will present the basic principles of the Yoga Sutras in a way that will make it accessible and real for today's teachers. Practical and usable information to open your heart, balance your life and live with compassion.

All levels of students are welcome. Bring a copy of the Yoga Sutras or purchase one at the studio.

SATURDAY, AUGUST 14, 2010
1:00 - 4:00 PM

\$80 Early Bird Registration before August 6
\$100 Regular Registration after August 6

This workshop is presented as part of the Advanced Studies/Teacher Training Program and is open to the public. Space is limited, pre-registration is required.

REGISTRATION FORM

PLEASE REGISTER _____ PERSON (S) FOR INTRODUCTION TO YOGA SUTRAS AMOUNT ENCLOSED: _____

TO PAY BY: VISA MASTERCARD (CIRCLE ONE) CARD NUMBER: _____ EXPIRATION DATE _____

CANCELLATION POLICY: WITH 2 WEEKS OR MORE NOTICE OF CANCELLATION, A REFUND LESS \$25 HANDLING FEE; LESS THAN ONE WEEK'S NOTICE, NO REFUND.

NAME (S) _____ SIGNATURE _____

ADDRESS _____

PHONE _____ CELL _____ EMAIL _____

MAKE CHECKS PAYABLE TO; THE YOGA & MOVEMENT CENTER OR MAIL TO; 1379 LOCUST STREET, WALNUT CREEK, CA 94596 FOR MORE WORKSHOPS AND CLASS INFO VISIT THE WEBSITE AT WWW.YOGA-MOVEMENT.COM 925-938 -YOGA (9642)