

# “The Essentials of Freedom Style Yoga”

## Erich Schiffmann

September 10-12

Lincoln Center, Spokane

*"Yoga is a way of moving into stillness in order to experience the truth of who you are. It's a matter of listening inwardly for guidance all the time, and then daring enough, and trusting enough, to do as you are prompted to do."*



We are delighted to be hosting Erich once again, and we hope you will join us for what is sure to be an energizing, fun and enriching workshop. Erich will be teaching the essentials of what he calls Freedom Style Yoga, an intuitive approach to yoga and life. There will be discussion, meditation, asana, deep relaxation and homework. This workshop is suitable for students at any level.

**Times:** Fri. 6-8:30pm, Sat. 10-12:30 & 2:30-5, Sun. 10-12:30

**Cost:** \$220 entire workshop, \$60 for 2.5 hour drop-ins

**Location:** The Lincoln Center, 1316 N. Lincoln Street, Spokane

**Questions:** Call Alison Rubin, 509.747.4430

*Erich has been named one of the most innovative yoga teachers in the country by Yoga Journal magazine. He has gained international recognition for his unique approach to yoga and is author of Yoga: The Spirit and Practice of Moving Into Stillness, as well as numerous yoga-related DVD's. He has been practicing yoga for 42 years, and he teaches a healing, opening style of yoga that emphasizes moving into stillness and being guided from within. His teaching is unique, clear, full of humor, freedom, and spirit. He leads workshops and teacher trainings all over the United States and around the world.*

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### Mail-In Registration

Name/s \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ E-Mail \_\_\_\_\_

Entire Workshop \_\_\_\_\_ Individual Sessions \_\_\_\_\_

Fee Enclosed \_\_\_\_\_

Please either register on-line @ [harmonyyoga.com](http://harmonyyoga.com) or at the studio, or mail your registration to:  
Harmony Yoga, 1421 W. 16th Avenue, Spokane, WA 99203