

Living Your Yoga



w/ Judith Lasater

October 2-3, 2009

@ The Woman's Club, Spokane

REGISTRATION INFORMATION

- DAYS & TIMES:** Friday, October 2nd, 10am-12:30pm & 1:30-4:00pm
Relax and Renew: Theory and Practice of Restorative yoga
- Saturday, October 3rd, 9:00-11:30am & 12:30-3:00pm
Living Your Yoga
- LOCATION:** The Woman's Club, 1428 W. 9th, Spokane (street parking)
- COST:** \$100/day
- BRING:** Sticky mat, eye cover, bolster, block, belt and five blankets
- SUITABILITY:** Friday for teachers and serious students, Saturday for everyone
- QUESTIONS:** Contact Alison Rubin @ Harmony Yoga, (509) 747-4430
or e-mail: harmonyyoga@comcast.net

Living Your Yoga Registration

Name: _____ E-mail _____
Address: _____
Phone _____
Oct. 2nd _____ Oct. 3rd _____ Both days _____ Total Payment _____

Send payment to: Harmony Yoga, 1421 W. 16th Avenue, Spokane, WA 99203