



YOGA CENTER OF MARIN

518A Tamalpais Ave.*
Corte Madera, CA 94925
(415) 927-1850
yogacenterofmarin.com



THIS SERIES Levels 2-5

\$200/pre-registered
for 6-week series

\$40/session drop-in
(if space available)

***PLEASE NOTE:**

*This series will be held at the
Mill Valley Community Center
Mountain View Room 2nd floor
180 Camino Alto, Mill Valley*

LIVING YOUR YOGA

WINTER SERIES with Judith Lasater

Six Thursdays • 2:30–4:30PM

Jan. 14 & 28; Feb. 4 & 18; Mar. 4 and Apr. 1

Newcomers welcome!

The Yoga Center is very fortunate to have Judith Lasater on our staff again this winter, teaching her popular afternoon series. Judith is an internationally renowned teacher and author with roots in the Iyengar system.

This series of classes is intended for the teachers and experienced practitioners who are interested in exploring the deepest practice of yoga, both physically and mentally. We will work very intuitively to uncover where we hold on and how to align ourselves with ourselves. Class will include discussion, asana practice and resting.

Space is limited — sign up early to guarantee your space in this very popular series!

STUDENTS MUST BRING THE FOLLOWING PROPS: a bolster, sticky mat, belt, and eye cover, plus two "fat" blocks and five blankets.

CANCELLATION POLICY: NO REFUNDS FOR LAST-MINUTE CANCELLATIONS. With 2 weeks' or more notice of cancellation, a refund less \$25 handling fee; with 7–14 days notice, refund less \$50; **less than one week's notice, no refunds.**

JUDITH LASATER has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. She teaches yoga classes and trains yoga teachers in the San Francisco Bay area, the U.S. and Europe. In addition to being a regular contributor to the Yoga Journal, she has written three books on yoga, *Relax and Renew: Restful Yoga for Stressful Times* and *Living Your Yoga*, which address the therapeutic and philosophic aspects of yoga; and *30 Essential Yoga Poses: For Beginning Students and Their Teachers*.

Please use this form to register. Pre-registration is encouraged for all workshops.

WORKSHOP/date & time: Living Your Yoga with Judith Lasater / _____

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

email: _____

HOW DID YOU HEAR about this series? Flyer Website

Ad Friend Drive/walk by Other _____

PAYMENT BY: check MC/VISA AMOUNT: _____

Card #: _____ Exp date: _____

Name on card: _____

Card billing address: _____

Please sign

Signature: _____

CHECKS PAYABLE TO: Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Ave., Corte Madera, CA 94925

FOR A COMPLETE SCHEDULE of our classes and workshops, check our website at www.yogacenterofmarin.com



10/31/2009