



**YOGA CENTER
OF MARIN**

518A Tamalpais Drive
Corte Madera, CA 94925
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yogacenterofmarin.com

RESTORATIVE YOGA

with **KAREN YOGER**

**Three Saturdays:
Jan. 9, Feb. 13 & Mar. 13, 2010
3:00–5:00 PM**



RENEW your body, mind and spirit!

This unique class is based on a series of supported postures that relax, nurture and gently stretch the body. If you are feeling tired, weak or stressed out, restorative postures will provide a blend of movement and relaxation that will bring your system back into balance.

THIS WORKSHOP:

- All levels
- Pre-registered:
\$90/full workshop,
\$60/any two days,
\$35/any one day

NO REFUNDS for last-minute cancellations (notice must be received 48 hours before the start of the class)

KAREN YOGER: Along with traditional postures, Karen's focus is on the healing and restorative aspects of yoga. Relieving stress, building strength, finding flexibility and deep relaxation are all goals of her classes. Karen is certified by the Iyengar Institute of San Francisco, where she spent one year apprenticing with Judith Lasater (author of Relax & Renew, 1995). Karen has been teaching in Marin for twenty years.

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

WORKSHOP/date & time: RESTORATIVE YOGA with Karen Yoger

Name: _____
 Address: _____
 City, State, Zip: _____
 Phone: _____
 email: _____

PAYMENT BY: check MC/VISA AMOUNT: _____
 Card #: _____ Exp date: _____
 Name on card: _____
 Card billing address: _____

HOW DID YOU HEAR about this series? Flyer Website
 Ad Friend Drive/walk by Other _____

Please sign
 Signature: _____

CHECKS PAYABLE TO: Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925
FOR A COMPLETE SCHEDULE of our classes and workshops, check our website at www.yogacenterofmarin.com



12/04/2009