

 **BENEFIT FOR**
Sonoma County fire victims



**YOGA CENTER
OF MARIN**

518A Tamalpais Dr.
Corte Madera, CA 94925
(415) 302-8457
yogacenterofmarin.com

NEW YEAR'S DAY PRACTICE

with Susy Stewart

Monday, Jan. 1, 2018 • 10 AM–NOON

"In the beginning you have to make room for yoga in your life, and give it the place it deserves. But after some time, yoga it and make you do it."

— Vanda Scaravelli



Start the New Year with a healthy resolution for self-care. Give yoga the place it deserves in your life. Let yourself be "pulled up by your hair" with yoga. Join your yoga community for a two-hour practice that will invigorate and inspire you.

THIS CLASS:

- ALL levels
- \$22/pre-registered; \$25/drop-in
- All proceeds benefit Sonoma County fire victims; additional contributions may be made at the workshop

SUSY STEWART began her study of yoga more than 30 years ago. Her yoga practice has been fueled by several trips to India where she studied with the Iyengars and followers of Sri Aurobindo. Her principal teachers are Ramanand Patel and Manouso Manos. Mature yoga students and beginners alike will benefit from her holistic perspective, sensitivity and experience.

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

WORKSHOP/date & time: NEW YEAR'S DAY PRACTICE with Susy Stewart

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

