



**YOGA CENTER  
OF MARIN**

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

# LAST-SATURDAY-OF-THE-MONTH YOGA CLASS

## with JAMIE LAMKA

### Four Saturdays • 4–6PM

### Sept. 29, Oct. 27, Nov. 24 & Dec. 29



**Jamie will give a special class at the end of each month devoted to poses (asanas) of deep relaxation and restoration.**

*“These asanas are known as Visranta Karaka asanas and are meant to rest the organic body. Each organ is as though separated from the others in order to oxygenate and rest. With the knife of consciousness and awareness, one is able to dissect the body from inside.*

*However, one has to prolong the duration of stay in the asanas five to ten minutes, in order to have recovery.”*

— Geeta S. Iyengar

**THIS WORKSHOP:**

- All levels
- \$100/four classes, pre-registered;
- \$30/class drop-in

*JAMIE LAMKA has been practicing yoga for 38 years and teaching for 26. He has developed yoga programs for contractors, aging athletes, and health care providers. Jamie’s strength is his grasp of the fundamentals, compassion for pain, and understanding of human challenges. Jamie offers his students individual attention and life-supporting knowledge.*

**Use this form to register or register online. Pre-registration is encouraged for all workshops.**

WORKSHOP/Date/Time: LAST-SATURDAY-OF-THE-MONTH YOGA CLASS with JAMIE LAMKA / \_\_\_\_\_

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 Dr., Corte Madera, CA 94925  
**FOR A COMPLETE SCHEDULE** of our classes and workshops, check our website at [www.yogacenterofmarin.com](http://www.yogacenterofmarin.com)



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