



**YOGA CENTER
OF MARIN**

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

Last-Saturday-of-the-Month RESTORATIVE YOGA CLASS

with JAMIE LAMKA

Four Saturdays • 4–6 PM

Sept. 28, Oct. 26, Nov. 30 & Dec. 28, 2019



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



08/24/2019