



**YOGA CENTER
OF MARIN**

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

DEEPENING YOUR PRACTICE

with Alice Rocky

Three Saturdays • 1:30–3:30 PM

Oct. 19, Nov. 9 & Dec. 7, 2019



THIS SERIES

Levels 2–5

\$90/full series

\$35/class

Registration preference will
be given to those who sign
up for the full series

IN the first two classes of this series (October 19 and November 9), we will work on standing poses, backbends, forward bends, and inversions. More intermediate poses will be introduced to help you go deeper and progress in your practice.

The final class on December 7 will be a restorative class aimed at deep relaxation of body and mind.

ALICE ROCKY has been teaching and practicing yoga since the early 1980s. Her approach to teaching yoga is influenced by her extensive dance background. She is a longtime member of the faculty of the College of Marin, where she teaches yoga and movement classes. Her primary teacher is Manouso Manos.

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

WORKSHOP/date & time: DEEPENING YOUR PRACTICE with Alice Rocky / _____

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