

CENTER FOR YOGA workshop series presents

3rd annual vinyasa yoga

six-day immersion with Gail Mondry

Sunday July 12 - Friday July 17, 2009

SCHEDULE OUTLINE

SUNDAY JULY 12

6:00pm - 9:00pm @ West Bloomfield

- introduction and welcome
- short meditation
- short form ashtanga practice
- light supper and discussion

MONDAY JULY 13 - FRIDAY JULY 17

9:45am - 4:00pm @ West Bloomfield

- each day includes
- vinyasa practice
 - flow breakdown & discussion
 - lunch break & informal notes
 - workshop
 - Q&A

All classes take place at the West Bloomfield studio.
Discussion module after class will breakdown the flow and if available, each teacher will share how they constructed the practice.



Earn up to 24 hours of YOGA ALLIANCE
Continuing Education Credits
see registration form to order your certificate

Enhance your existing teaching and practicing skills and/or prepare for feedbacks and testing.

Experience total immersion. Come spend a week with the teachers and the students at the Center for Yoga. Discover the dynamics of working with a developed vinyasa community. Learn in a fertile environment, where some practitioners have been coming for over ten years. Have the opportunity to practice with a variety of teachers and re-construct flows.

Deepen your experience with workshops on



- BUILDING A FLOW
- ADJUSTMENTS
- INVERSIONS
- MUSIC
- SEATED POSTURES
- THE FEEDBACK PROCESS

Whether you're a yoga teacher wanting to develop your skill or a student looking to deepen your practice --
EVERYONE IS WELCOME.

SPACE IS LIMITED! REGISTER TODAY!

JONNY KEST CENTER FOR YOGA ~ WEST BLOOMFIELD ~ 248-865-9642
Please visit CENTERFORYOGA.COM 24-hours prior to event for any change announcements.

Vinyasa Yoga Six-Day Immersion with Gail Mondry ~ July 12 - July 17, 2009

Registration cost: \$425* / \$495 *for REGISTRATION received by June 24, 2009

Sunday night practice and dinner included in registration cost. The 9:45am classes must be paid for separately, existing packages may be used to pay for classes. Please bring your own lunch each day.
Yoga Alliance Continuing Education Certificate: \$10 to order check here ____ your cert will be mailed within 3 weeks

Name: _____ Date: _____

Address: _____

Phone: _____ Email: _____

Payment Method: ____ check ____ visa ____ mastercard

Account #: _____ Exp _____

cardholder's signature

Media Release: Unless checked here, you give your permission for the Center for Yoga to use photos and comments in which you may be featured.

No cancellation or refunds after June 24, 2009.

please make checks payable to: CENTER FOR YOGA 555 S. Old Woodward Ave., Birmingham, MI 48009 or FAX to 248-723-3385

REGISTRATION FORM