

CENTER FOR YOGA workshop series presents

THE ART OF TRANSITIONS

with Jacquie Ciavaglia



Saturday, June 12th, 2010
12:45pm – 2:15pm
Center For Yoga – West Bloomfield

The Art of Transitions..sore wrists? Bruised toes? Achy knees and elbows? Learn how to shift your weight and work towards a more balanced practice. For the beginner and the most seasoned practitioner, you will explore how the internal and external levels of your body can be used to create space and bring grace and balance to all of your postures and the vital space between them.

SPACE IS LIMITED! REGISTER TODAY!

CENTER FOR YOGA
WEST BLOOMFIELD – 248-865-YOGA (9642)

Please visit www.centerforyoga.com 24-hours prior to event for any change announcements.

The Art of Transitions with Jacquie – Saturday June 12th, 2010

Class Cost: \$25** / \$30 **for registration received by JUNE 5TH, 2010
NO CANCELLATIONS OR REFUNDS AFTER JUNE 5TH, 2010

Name: _____ Date: _____

Address: _____

Phone: _____ Email: _____

Payment Method: check visa mastercard Media Release: Unless checked here, you give your

Account #: _____ Exp _____ permission for Temple Arts to use photos and

cardholder's signature



This workshop qualifies for continued Teacher Training education

REGISTRATION FORM

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