



Special Guest Teacher

Linda DiCarlo

Friday, August 13 &
Saturday, August 14, 2010

Friday 5:30 PM

A free talk: Yoga, Your Body and Your Weight

What part does yoga play in weight loss and maintenance?

Friday 6:30-8:30 PM : Asana classes

The Physical, Energetic and Mental Bodies: Tools for an Asana Practice

Standing poses to cultivate stamina and concentration.

Saturday 9-11:30 AM

Responsibility and Discrimination: Safe, Honest Asana Practice

Chest opening poses to tap into courage and personal power.

Saturday 2-4:00 PM

Clarity of Intention and Declaration of Commitment: The Muscular Mind and Asana Practice

Inversions and forward bends to bring clarity and contentment.



2 hour classes \$30

2 1/2 hour classes \$35

Entire workshop \$85

Date: August 13 & 14, 2010

Location:

North Woods Yoga Studio

316 1/2 E. Mitchell

Petoskey, MI 49770

231-526-9093

Linda is a Iyengar certified teacher and director of Yoga Source in Rhode Island. She has studied on a regular basis at the Iyengar institute in Pune, India and assists in Patricia Walden's yoga classes in Boston. Her 30+ years of teaching experience and masters in exercise science bring wonderful depth to her teaching.

REGISTRATION - Linda DiCarlo Sessions

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Mail this form and payment to:

North Woods Yoga Studio

316 1/2 E. Mitchell

Petoskey, MI 49770

Classes attending (check all that apply):
 Friday 6:30-8:30 PM
 Saturday 9-11:30 AM
 Saturday 2-4:00 PM