

SHAKTI YOGA PRESENTS

What the World Needs Now A yoga workshop with Desirée Rumbaugh September 16-18, 2011



Desirée is one of Anusara's most creative and inspirational teachers. She practices and teaches yoga with a powerful intention to create and experience unlimited joy and enthusiasm. Her worldwide workshops and retreats aim at powerful personal transformation and self-expression, leading each student to celebrate his or her own creative power through the practice of yoga.

CLASS SCHEDULE:

Friday Night (6:00 p.m. – 8:30 p.m.)

Patience and Compassion: Hip Openers

Saturday Morning (10:00 a.m. – 12:30 p.m.)

Strength and Softness: Backbends

Saturday Afternoon (2:30 p.m. – 5:00 p.m.)

The Power of Love: Forward Bends and Twists

Sunday Morning (9:00 a.m. – 12:00 p.m.)

Creativity and Freedom*

Intermediate to Advanced Practice

*must be able to perform Urdhva Dhanurasana (wheel) with straight arms and kick up to handstand at wall by yourself

LOCATION: Center of Clayton

50 Gay Ave.

St. Louis, MO 63105

Contact Information:

email: info@shaktiyogastlouis.com

Jan Herzog: 314-323-1990 | JennTara Ward: 314-497-8452



Class Registration:

- Patience and Compassion (Fri. 6 – 8:30 p.m.) \$45
- Strength and Softness (Sat. 10 a.m. – 12:30 p.m.) \$45
- The Power of Love (Sat. 2:30 p.m. – 5 p.m.) \$45
- Creativity and Freedom* (Sun. 9 a.m. – 12:00 p.m.) \$55
- Best Value! Package Cost (all 4 classes) \$175

Total amount due:

\$ _____

Your Cost:

Registration Form:

Name: _____

Telephone: _____

Email Address: _____

Send Registrations to: Jan Esterly-Herzog
7436 Washington, St. Louis, MO 63130
(payable to Jan Herzog)

Register online with PayPal at www.shaktiyogastlouis.com