



Perfect Harmony
A Yoga Weekend With Desiree Rumbaugh
April 17 - 19, 2009



EYE OF THE TIGER PRACTICE

An Advanced Practice for Teachers and Dedicated Students

FRIDAY April 17, Noon-2:30pm

SWEET SURRENDER

Hip Openers and Meditation

FRIDAY April 17, 6:00-8:30pm

STEP INTO THE CURRENTS OF GRACE

Standing Poses and Backbends

SATURDAY April 18, 9:30-Noon

SOUL ATTUNEMENT

Forward Bends and Inversions

SATURDAY April 18, 2:30-5:00pm

STRONG SHAKTI FOR POWERFUL CHANGE

A Fun and Playful Vinyasa Flow Class

SUNDAY April 19, 9:30am-Noon

BY APRIL 7TH

Full Workshop: \$170

Full Workshop w/Advanced Practice: \$210

Individual Sessions: \$45

AFTER APRIL 7TH

Full Workshop: \$185

Full Workshop w/Advanced Practice: \$225

Individual Sessions: \$50



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.

REGISTER

in person at the studio,
by phone (505-842-1080)
with a credit card, or mail a
check with registration and
contact information.

*1 week cancellation policy applies
less a \$35 admin fee*

bhava
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