



A WEEKEND WORKSHOP WITH DONALD MOYER

FROM THE YOGA ROOM IN BERKELEY, CA

November 13-15, 2009

Donald Moyer is the founder of the Yoga Room in Berkeley, CA where he teaches ongoing classes and directs a 2-year Advanced Studies Program. He has studied extensively with B.K.S. Iyengar from 1976 through 1988 and remains deeply inspired by his work. Donald's long-awaited book, *Yoga: Awakening the Inner Body* was published in April 2006 by Rodmell Press.

Donald's teaching style is quiet but intense. He encourages an awareness of the inner body by working with the alignment of the internal organs, creating space in the joints, and maintaining the balance between release and extension. Practicing in this way creates more movement with less effort, and brings a deeper, more self-empowering experience of the poses.

PREREQUISITE: MINIMUM OF SIX MONTHS YOGA EXPERIENCE

DETAILS

TIME: Friday, November 13	6:00pm - 8:00pm
Saturday, November 14	9:30am - 12:30pm & 3:00pm - 5:00pm
Sunday, November 15	9:30am - 12:30pm

LOCATION: Two Dog Yoga Studio, 12549 28th Avenue NE - Seattle, Washington

REGISTRATION: Mail \$180 registration fee or \$25 non-refundable deposit with registration form below to Two Dog Yoga Studio, 12549 28th Avenue NE - Seattle, WA 98125. **Balance is due October 15th.** Make checks payable to Two Dog Yoga Studio. No partial registrations for this workshop.

A full refund less the \$25 deposit will be allowed if notification of withdrawal is given before October 15th. After that date, refunds will be given only if space reserved can be filled by a wait-listed individual.

FOR MORE INFORMATION CONTACT ANNIE STOCKER AT (206)-367-9608

DONALD MOYER YOGA WORKSHOP REGISTRATION FORM

Name: _____
 Address: _____
 Phone: _____
 E-mail: _____

I am enclosing ___ full \$180 registration fee ___ \$25 deposit

Mail completed form to:
 Two Dog Yoga Studio
 12549 28th Ave. NE
 Seattle, WA 98125
 Questions?
 (206)-367-9608