

**TWO DOG YOGA PRESENTS:**

2<sup>nd</sup> Annual Not-so-early *Morning Yoga*  
*Week-Long Immersion* with Jane Hitti

Monday August 24-Friday August 28  
7-8 AM \* All levels



- Awaken heart, body and mind with a daily yoga practice including pranayama (breath work) and meditation
- Explore and refine your understanding of the Anusara Universal Principles of Alignment™
- Strong beginners through advanced students welcome
- Wake up with a smile and have fun!

**Jane** is a licensed Anusara-Inspired™ Yoga teacher and has studied with Denise Benitez, Elizabeth Rainey, Annie Stocker, and John Friend. She finds the teaching and practice of yoga to be wonderfully different at the dawn vs. dusk hours, and encourages you to come find out why!

*Morning Yoga Immersion \* Registration Deadline 8/21/09*

Name \_\_\_\_\_

E-mail address \_\_\_\_\_

Phone \_\_\_\_\_

5-class series \$50

\_\_\_ classes \$12 / class

Please make out checks to Two Dog Yoga & mail to the address below:

*Pre-Registration Required*  
*Questions: [jhitti@comcast.net](mailto:jhitti@comcast.net)*

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