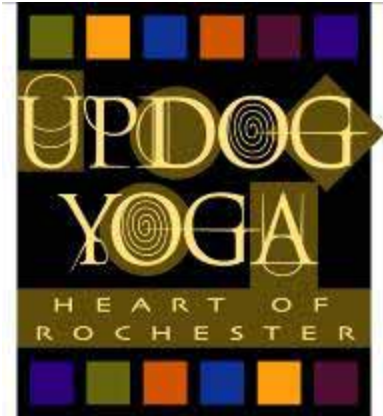


Summer Intensive Module III

The Yin and Yang of Yoga: A Workshop for Every Body With Lynne Baum



Dates: July 23 (7:30am-6:00pm)
July 24 (8:30am-7:00pm)
July 25 (8:30am-7:00pm)

Certificate: 30 Continuing Education (CE) Hours

Location: UpDog Yoga Studio B (Primary)
UpDog Yoga Studio A (Secondary)
Duane Utech Poolside (some classes; weather permitting)

Overview: Join senior UpDog Faculty Member Lynne Baum (E-RYT® 500) for a unique chance to play and explore the depths of your practice and teaching style! Designed for students who wish to teach and practice "on the edge," this module will include:

- 🌀 Key principles of Yin Yoga
- 🌀 Understanding Yang (Vinyasa) Yoga
- 🌀 Osho Meditation.
- 🌀 Flow and Sequencing

Extras: Poolside Movie Night July 24.
Hand-outs, Materials & Study Guides.
25% off all required reading books.

Reading: Yin Yoga (Paul Grilley)

Cost: \$450 (\$405 before July 12, 2010; additional savings for two or more modules).

Day Pass: \$150 for any one (1) day.

Refund: Standard UpDog Refund Policy (see Teaching Catalog/Web for details).

