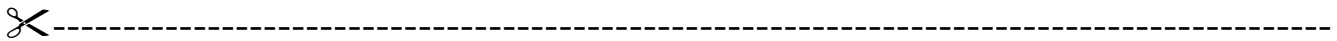


Summer 2008 Yoga

Special Focus Workshops

2-hour classes - \$28 per class
(or 2Xs on your punch card)

June 18	WED	6-8	Scoliosis	FULL	all levels	Betsy
June 25	WED	6-8	Hand Care	FULL	all levels	Julie
June 28	SAT	9:30-11:30	Scoliosis		all levels	Betsy
July 16	WED	6-8	Stabilize Your Loose Joints (Lower Body)		L2+	Betsy
July 18	FRI	1:30-3:30	Upper Body Strength		L1, 1-2, 2	Stu
July 23	WED	6-8	Stabilize Your Loose Joints (Upper Body)		L2+	Betsy
July 25	FRI	1:30-3:30	Home Practice Standing Poses		L2-3 & 3	Stu
Aug 27	WED	6-8 pm	Intro to Pranayama		L3+	Julie
Sept 10	WED	6-8 pm	Inversion Prep		L3-4+	Julie



Registration: Please let us know which special focus classes you'll be attending by filling out and returning this form. You may pay in advance (checks payable to Gudmestad & Associates) or use your punch card the day of the class.

Date of workshop	Content
_____	_____
_____	_____
_____	_____
_____	_____

Name: _____ Phone _____ Total Cost: _____ Payment enclosed _____ Pay w/punch card _____