

**SPECIAL EVENT**



# Unlock Your Life Force: Breath & Yoga Workshop with Amy Steinwald

**Saturday, June 14 from 3:00 - 5:00pm**  
**\$30 if registered by June 11, \$35 thereafter**

This workshop is designed to teach basic Pranayama or "breath control" techniques to complement and enhance your yoga practice.

The ancient yogis developed many breathing techniques to maximize the benefits of prana, or life force energy. Pranayama is used in yoga as a separate practice to help clear and cleanse the body and mind. It is also used in preparation for meditation, and in asana, to help maximize the benefits of the practice, and focus the mind. All levels welcome.

Preregistration required. Space is limited.

### Amy Steinwald



Amy is a Hatha yoga instructor certified through the Temple of Kriya Yoga. She has been teaching for 6 years and has practiced for 11 years. She is also a certified Thai Yoga Massage Therapist who has been treating clients for 5 years. Amy is also a certified Pilates instructor through the Physicalmind Institute. She is a former modern and ballet dancer and has a degree in dance movement therapy from Barat College. Amy loves the sense of peace and balance that yoga has brought to her life and enjoys sharing that with her students.

To Register, fill out form below and mail or drop off at Bloom's front desk, call, or register on-line at <http://www.bloomyogastudio.com/reg.html>

### JUNE BREATH & YOGA WORKSHOP REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

#### METHOD OF PAYMENT

Cash

Check

VISA, MC, or AMEX  Credit Card

Amount \_\_\_\_\_

Name on Card \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration date \_\_\_\_\_

Signature \_\_\_\_\_

**Bloom Cancellation Policies:** Full payment reserves your space. Workshop fees are non-transferable and non-refundable. If you cancel more than 24 hours prior to the beginning of the workshop, your payment may be transferred to a studio credit that you can use for any Bloom Yoga Studio product or service. Studio credits have no expiration date. If you cancel less than 24 hours prior to the beginning of the workshop, you forfeit your payment.

visit [www.bloomyogastudio.com](http://www.bloomyogastudio.com)

for information about classes, workshops & more!