

**SPECIAL EVENT**



# Yoga 101

## A 4-week Introduction to Yoga

**4-week series | \$50**

**Choose a Time:** **Sundays** with Robyn | 3:30 - 5:00pm | June 8 - June 29  
**Mondays** with Michael | 5:00 - 6:15pm | June 9 - June 30  
**Tuesdays** with Sharon | 6:00 - 7:15pm | June 10 - July 1

### New to yoga?

Perfect for anyone who is new to yoga, Bloom's Yoga 101 provides a solid foundation in the essential yoga poses. Each session builds on the previous week's class, allowing you to absorb and apply what you've learned so that you'll feel prepared for our ongoing Level 1 classes.

Get a thorough introduction to yoga in the company of other brand new beginners as you take an in-depth look at the most commonly practiced poses, and take advantage of the opportunity to ask any questions you may have.

During the 4-week session, all enrolled students will receive a 15% discount off any class card packages, massages, or store items (excludes gift certificates.) Students are required to attend the first session of the series; however, should you need to miss one of the other sessions, you may arrange a make-up in any other Yoga 101 session or Level 1 Class.

Pre-registration is required. Space is Limited.

#### Michael Faith:

Michael Faith teaches yoga and meditation in a style that reflects the evolution of his study of Vinyasa and Anusara yoga and Buddhism. Classes revolve around a philosophical or structural/pose theme making each week A fresh, vibrant, and fun new experience.



#### Robyn Okrant:

Robyn began practicing yoga due to chronic back pain and discovered that her practice not only alleviated her physical discomfort, but brought a new sense of joy, peace, strength and contentment to her life. The most important aspect of her classes lies in honoring and challenging the abilities of each student and celebrating their uniqueness.



#### Sharon Walther:

Sharon completed her first yoga certification in 2004 from Eight Limbs Yoga Center and her 500 hour certification through The Temple of Kriya Yoga in June of 2006. She continues to pursue a deeper knowledge of all yoga disciplines. With her passion for Anatomy and Physiology, Sharon continues to be enthralled with the astounding benefits of yoga on the mind and body.



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/register>

### MAY YOGA 101 REGISTRATION FORM

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/ZIP \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

#### Session (circle one):

Sun: 6/8 - 6/29

Mon: 6/9 - 6/30

Tues: 6/10 - 07/1

#### METHOD OF PAYMENT

Cash

Check

VISA, MC, or AMEX  Credit Card

**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 is 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.

Name on Card \_\_\_\_\_  
Credit Card # \_\_\_\_\_  
Expiration date \_\_\_\_\_  
Signature \_\_\_\_\_

**Visit [www.bloomyogastudio.com](http://www.bloomyogastudio.com)  
for information about classes, workshops & more!**