

SPECIAL EVENT



Yoga 102: Beyond Basics with Sharon Walther

3-week series: March 30 - April 13
Sundays from 2:30 - 4:00pm
\$45 if registered by March 27, \$55 thereafter

Do you want to take your yoga practice to the next level? If you'd like to explore more challenging poses but feel intimidated to try an Open or Continuing level yoga class, this workshop is for you. Join Sharon for a three-week exploration of how to safely deepen your practice, move beyond intimidation, and increase your understanding of your anatomy.

With a thoughtful combination of breathing techniques, as well as muscle and bone alignment preparations, you'll gain the knowledge and experience you need to comfortably pursue a deeper yoga practice. Each session will provide a breakdown of sun salutations and each of the 5 elements of a balanced yoga practice: back bends, forward bends, lateral bends, twists, and inversions.

Prior yoga experience required. Pre-registration is required and space is limited.

Sharon Walther

Sharon's teaching style is a therapeutic yet energizing approach with an emphasis on nourishing the body through asana and breath. Sharon thrives on creating a peaceful and inviting space for all 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/register>

MARCH YOGA 102 REGISTRATION FORM

Name _____
Address _____
City/State/ZIP _____
Phone _____
Email _____

METHOD OF PAYMENT

Cash
 Check
 Credit Card

VISA, MC, or AMEX

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
for information about classes, workshops & more!**