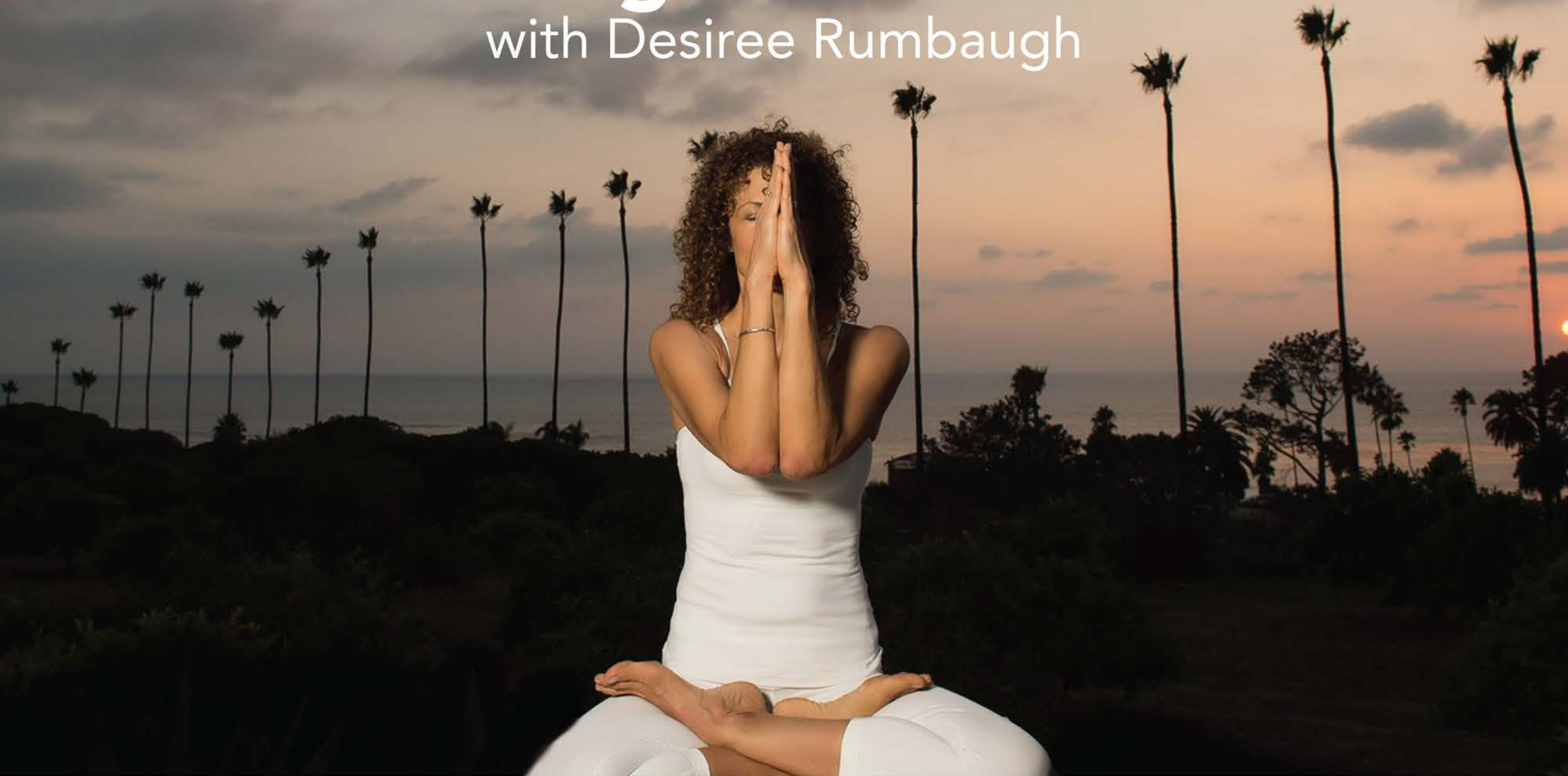


# Tell a New and Different Story A Yoga Weekend

with Desiree Rumbaugh



## Workshop Description:

We cannot control our thoughts but we can control our vibration. It all depends on our perspective. Examine your practice this weekend and consider upgrading some of your habits. Your body, mind and other people will thank you.

## Schedule for January 12, 13, & 14, 2018:

Friday @ 6pm-8:30pm Reflect: Hip Openers, pranayama and meditation

Saturday @ 10am-12:30pm Reconnect: Standing poses and Backbends

Saturday @ 2:30-5pm Renew: Forward Bends and Twists

Sunday @ 10am-12:30pm Celebrate your new perspective with a lively practice for all levels

## Pricing:

\$45 per session

\$160 all weekend



Desiree Rumbaugh is an internationally recognized yoga teacher with unquenchable enthusiasm for life, love and healing. She blends playful humor with an authentic inquiry into the nature of being to bring the ancient teachings of wisdom into the asana practice and then into modern life. Her passion for teaching both the art and the science of yoga is fueled in part by her own experience recovering from deep grief as a bereaved parent. With longtime studies in Iyengar and Anusara yoga, she brings 30 years of experience, experimentation and creativity to her ever-evolving, outside-of-the-box style of teaching.