



Triangle Anusara Institute presents
Desirée Rumbaugh

**October
 22-24th,
 2010**



Friday 1:30pm- 4pm
 Practice Class Int/Adv:
 Backbends and Arm Balances
6pm – 8:30pm
 Make Every Pose an Offering:
 Hip Openers

Saturday 10am -12:30pm
 Love is Stronger Than Fear:
 Backbends
2:30pm - 5pm
 Tuning into the Flow of Grace:
 Forward Bends

Sunday 10am – 12:30pm
 Lightness and Joy:
 Arm Balances and Inversions

Triangle Dance Studio
 2603 S. Miami Blvd. Durham NC 27703

For directions please visit:
triangledancestudio.com/Directions.htm

\$45per class*
 (*Friday Practice class is \$35)

Option 1, Full Workshop (Not
 including Friday practice class)
\$160

Option 2, Full Workshop
\$190

For More Info Visit:

gatewayyoga.com
 -or-
thousandpetalsyoga.com

Desirée Rumbaugh teaches from the experiences of more than two decades of practice. She was one of the first students to study with John Friend, and one of the first to be certified in his Anusara method of yoga. As a full-time teacher, Desirée travels the world offering workshops, which are innovative and transformative, challenging and compassionate. She has a well-earned reputation for deepening the most new to the most seasoned practices, through humor balanced with a quest for authenticity. September 2007 marked the release of her first DVD entitled Yoga to the Rescue, which is specially designed for those who have avoided yoga because of a lack of flexibility, low fitness level or chronic pain. Her newest DVD entitled Yoga to the Rescue for Back Pain was released in January 2008 with wide acclaim. Desirée is also a contributor to various organizations and publications, including the Yoga Journal, where she was featured on the February 2008 cover. For more information, please visit www.desireerumbaugh.com

 ✂ Name _____ Phone H (____) _____
 Address _____ Phone W (____) _____
 City/State/Zip _____ Email _____

Option 1 Full Workshop \$160 Saturday 10am-12:30pm \$45 Check Enclosed Credit Card Payment
 Option 2 Full Workshop \$190 Saturday 2:30-5pm \$45 Visa/MC # _____
 *Friday 1:30-4pm \$35 Sunday 10am-12:30pm \$45 Exp. Date _____
 Friday 6-8:30pm \$45 Signature _____

Cash or Check Preferred. Make check payable to: THOUSAND PETALS YOGA | 100 Easy St. Chapel Hill NC 27516