

Bryan Kest Power Yoga Weekend Workshop

February 26-28 , 2010

All Levels Welcome

\$255 for entire weekend (no partial attendance)

Friday, February 26, 7:00 - 9:00 pm
Orientation to a Bryan Kest Power Yoga class.
One Hour Discussion/One Hour Yoga Class.

Saturday February 27, 9:30 am - 12:00 pm
Power Yoga Class
A well-rounded flowing asana practice.

Saturday February 27, 4:30 pm - 6:30 pm
Long, Slow and Deep Stretch Class
A series of deep stretches that open the body,
while challenging the mind.

Sunday February 28, 9:30 am - 12:00 pm
Power Yoga class/Wrap Up



Bryan Kest has been practicing yoga for more than 30 years. He initially studied in Hawaii with David Williams, the first person to bring Ashtanga yoga to America. He then studied in India with K. Pattabhi Jois, the main proponent of Ashtanga yoga. Kest has been teaching yoga for 24 years. "My primary objective", says Kest, "besides turning more and more people on to a healthier, more peaceful lifestyle that continually challenges them to grow, is to teach a system of exercise that fully integrates the body, mind, and spirit."

Don't wait, this workshop will fill up fast!!

Asheville Yoga Center | 239 S. Liberty St, Asheville 28801
www.youryoga.com | 828.254.0380

Asheville
YOGA
center