

# YOGA WORKSHOPS TO BENEFIT RELIEF IN HAITI

March 12 - 14, 2010

Suggested donations \$20 - 30 per class

No pre-registrations, just show up.

All Levels Welcome

Friday, March 12, 5:30 - 7:30 pm

Sailing into Stillness: Introduction to Meditation and Pranayama with Brooke Sullivan

Saturday, March 13, 8:30 - 10:30 am

Introduction to Ashtanga The Primary Series with Evaa Whitley

Saturday, March 13, 1:00 - 3:00 pm

Power through Trust: A Core Awakening with Anna Ferguson

(HOT class Forrest Yoga Style)

Saturday, March 13, 3:30 - 5:30 pm

Building a Strong Foundation: Therapeutics for the Lower Body with Mado Hesselink

Sunday, March 14, 9:00 - 11:00 am

Jivamukti Workshop on Hips: Resolving the Issues in Our Tissues - A Strategy for World Peace by Stephanie and Michael Johnson (2 Hours of Emotional Enlightenment to Help the World)

Sunday, March 14, 1:30 - 3:30 pm

Yoga For Two: Partner Yoga with Lia Pardy

Breathe, sweat,  
heal, stretch  
and give.



Asheville  
YOGA  
center

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