

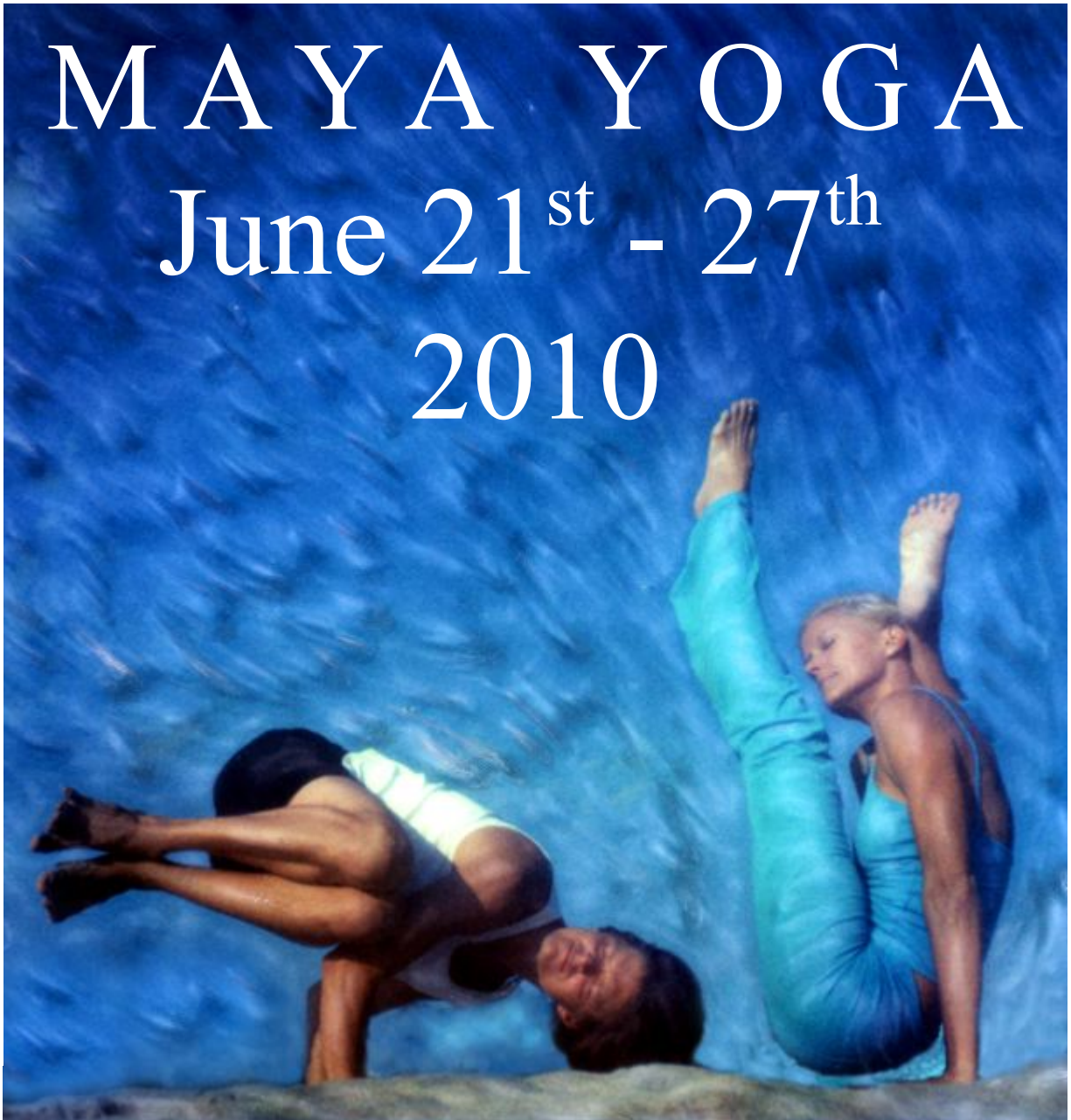
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MAYA YOGA

June 21st - 27th

2010

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with **Kathleen (Kastner) Mortenson** and **Wade Mortenson!**

A week long yoga immersion course that will deepen your knowledge of yoga and yourself!

You will learn to teach Ashtanga and Vinyasa yoga and the importance of: Asana, Posture Sequencing, Pranayama, Meditation, Chanting and Yoga Philosophy.

You will also learn the Sanskrit names for postures, hands on adjustments and participate in a daily 2 hour self practice.

7 days; 40 hours: required text: "Ashtanga Yoga Practice Manual, by David Swenson

\$650.00 early registration fee by May 21st, 2009, \$700.00 thereafter.

For more details contact: Kathleen@mayaoga.com 816-679-1053

EARLY REGISTRATION IS SUGGESTED!

_____ \$650.00 before May 21st _____ \$700.00 regular registration

Name _____ Phone _____

Address _____

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Please mail registration form and check to Maya Yoga, 215 W. 18th Street Ste. 200

Kansas City, MO 64108

or register on the store page at

WWW.MAYAYOGA.COM

