

Surya Center
for Yoga



DentonYogaCenter

Honor the Darkness, See the Light, Live Life's Richness

A YOGA WORKSHOP WITH

Desiree Rumbaugh



November 11-13, 2011

FACE CHALLENGES WITH COURAGE

All levels Hip Openers, & Twist

Friday November 11, 3:30-6:00pm

INQUIRY AND CLARITY

All Levels Backbends

Saturday November 12, 10:00-12:30

PATIENCE AND INSIGHT

Healing Poses for the Back, Neck, Shoulders, Hips and Knees

Saturday November 12, 2:30-5:00

THE GIFT OF GRACE

Forward Bends and Arm Balances

Sunday November 13, 9:00-11:30

LOCATION

SAMMONS CENTER

3630 Harry Hines Boulevard

Dallas Texas 75219

recorded directions: 214-520-7788



Desirée has been immersed in yoga since 1987. Each year brings her greater understanding and a deeper bow of gratitude for all the gifts she has received from this great practice of union with the Self. The discovery of the transformational power of Anusara Yoga has helped her to lift so many veils in her life that she is now compelled to travel the world and share this practice with anyone who is open to it. For Desiree, teaching yoga is a playful art form and she encourages her students to see their practice as a channel for personal creativity.

Register on-line at
www.suryacenteryoga.com

\$165.00 full weekend
Early Bird rate before 10/31

\$45.00 per session
Early Bird rate before 10/31

\$55.00 per session
after 10/31

Surya studio credit offered
on orders cancelled within
two weeks prior to
workshop