

MONDAY-FRIDAY, **AUGUST 4-8**

6-7:30am \$75



5 day summer shadow yoga intensive

Maximize and balance the fire of summer - Utilizing Chaya Sanchalanam prelude form. Participants will meet each morning for 5 days for a Shadow Yoga practice. Optional Lifestyle and Diet suggestions will be given to follow during the week.

Deepen your practice and refine your technique. The intensive will focus on turning the shadow yoga forms into your own practice. Basic knowledge of one or more shadow yoga forms is required.

For more info: contact Catherine 805.556.0413

This event will lead right into the Scott Blossom Yoga & Ayurveda Weekend!

yogashala | 205 windward | shell beach | 93449 | 556-0413 | www.catherineyoga.com

CANCELLATION POLICY: With 1 week notice prior to the beginning of the intensive, cancellations may be credited toward another class. With less than 1 week notice, cancellations are non-refundable. There are no make-ups.



summer shadow yoga intensive | m-f | Aug 4-8 | cost: \$75

Return checks to Catherine Halcomb: P.O. Box 3110, Shell Beach, Ca 93448

name _____

state _____ zip _____

street/p.o. box _____

email _____

city _____

phone _____