

LET YOGA HAPPEN...

in München

June 19th - 21st, 2009

you are invited to join

Molly Drake, Sabina Glas, and friends

for a

relaxing, transformative weekend

of yoga practice and pleasure

DISCOVERING THE JOYS OF YOGA FROM THE INSIDE OUT

this weekend workshop will be gentle - yet tremendously powerful -
offering an internal, creative and exploratory approach to Hatha yoga.

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in an unhurried, loving, and supportive environment

Molly & Sabina will help us look & listen inward,
to befriend and work with the tight, difficult places we all have.

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moving and breathing gently

helps to free previously blocked energy and make new space within
for healing and freedom of movement.

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when our yoga allows us to honor our body in this way,
it begins to trust, relax, and open allowing for a deeper experience of
focus, balance, sensuality and serenity.

STUDENTS WITH ALL LEVELS OF EXPERIENCE ARE WELCOME

(class will be led in English but translation in German will be available if needed)

Schedule:

Friday, 6.00pm - 9pm, Saturday 10am - 5pm (with breaks), Sunday 10.00am - 1.30pm

Prices:

Total workshop Euro 180

Partial participation is possible but Friday is required

Friday - Euro 50 Friday and Saturday - Euro 130 Friday and Sunday - Euro 100

Payments:

non-refundable deposit of Euro 50 due May 20 balance at start of class

kindly remit payments to: Sabina Glas, Kari-Theodor-Strasse 48, D 80803 München

Dresdner Bank Düsseldorf BLZ 30080000 Acc.No. 601537200

Location:

Aula der

AMD Akademie Mode & Design, Infanteriestr. 11a/Haus E, (Nahe Schwere-Reiter-Strasse)

München

Questions:

Sabina Glas tel +49 89 3837715 15, email sabina.glas@glasgmbh.de

Molly Drake, email bluesaturation@mindspring.com