

westvancouver
THE WATERFRONT COMMUNITY

teacher training modules present

yogapod

Desirée Rumbaugh

yoga as skill in action:

a weekend of anusara yoga™ and deeper investigation into the fruits of our practice

3 day weekend workshop: \$225 + hst

1. **Friday, Sep 10th | 6:30 - 8:30 pm | Cost: \$45.00**
Part of Something Bigger: hip openers
2. **Saturday, Sep 11th | 10:00am - 12:30 pm | Cost: \$45.00**
The Fire of Transformation: Backbends
3. **Saturday, Sep 11th | 2:30 - 5:00 pm | Cost: \$45.00**
The Way of Love: Forward Bends and Twists
4. **Sunday, Sep 12th | 10:00am - 12:30 pm | Cost: \$45.00**
The Splendor of Recognition: Arm Balances and Inversions

optional sunday advanced practice: \$45 + hst

5. **Sunday, Mar 12 th | 2:30 - 5:00 pm | Cost: \$45.00**
Intermediate / Advanced Practice: Shiva Shakti Rock and Roll



Desirée's Bio:

With the ability to demonstrate some of the most difficult postures and even more amazingly... getting students to experience the same sequences, Desirée has a well-earned reputation for deepening even the most advanced practices. She does it with a sense of humor balanced with a quest for authenticity. What is most surprising is her ability to tap into a soft heart and vulnerable spaces to access these wonderful poses. Her unique ability to draw out that bright and shining light from within every student, no matter what level of yoga experience, is her gift to the world.

Learn more about Desirée: www.desireerumbaugh.com

to pre-register:

**604.924.9642 or
www.yogapod.com**

**Location: West Vancouver Community Centre in the Music Hall
2121 Marine Drive, West Vancouver, BC V7V 4Y2**

