



**YOGA CENTER
OF MARIN**

518A Tamalpais Drive
Corte Madera, CA 94925
(415) 927-1850
yogacenterofmarin.com

PARTNER YOGA with TYLER BLANK

Saturday, Feb. 20, 2010 2:00–4:00 PM



EXPLORE new boundaries!

THIS fun workshop uses aspects of flying, physical and energetic strength training, partner conditioning exercises for the heart and lungs, deep partner stretches (both active and passive) for the muscles and connective tissues, challenging static and dynamic partner counter-balancing postures, and fun and creative supported inversions to expand your practice.

Bring a friend to play with, or meet one here. All levels, shapes, and sizes are welcome.

Bring some joy into your practice, and into your body. Anyone can do this – you were born to fly... or at least try!

Tyler Blank is a five-year veteran AcroYoga instructor. His classes embody sacredness through community, breath, and humor. Expect to experience dynamic motion, internal cultivation, and deep stillness, while you enjoy yourself completely and challenge yourself fully.

THIS WORKSHOP:

- All levels
- \$25 pre-registered,
- \$30 drop-in

NO REFUNDS for last-minute cancellations (notice must be received 48 hours before the start of the class)

Please use this form to register. Pre-registration is encouraged for all workshops.

WORKSHOP/date & time: PARTNER YOGA with Tyler Blank/Feb. 20, 2010 • 2-4 PM

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

email: _____

HOW DID YOU HEAR about this series? Flyer Website

Ad Friend Drive/walk by Other _____

PAYMENT BY: check MC/VISA AMOUNT: _____

Card #: _____ Exp date: _____

Name on card: _____

Card billing address: _____

Please sign

Signature: _____

CHECKS PAYABLE TO: Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925
FOR A COMPLETE SCHEDULE of our classes and workshops, check our website at www.yogacenterofmarin.com



01/05/2010