



**YOGA CENTER  
OF MARIN**

518A Tamalpais Drive  
Corte Madera, CA 94925  
**(415) 302-8457**  
yogacenterofmarin.com

# DEEPENING YOUR PRACTICE

## with Alice Rocky

**Three Saturdays: 1:30–3:30 PM**

**Oct. 7, Nov. 11 & Dec. 2, 2017**



**THIS SERIES**  
Levels 2–5

\$90/full series  
\$35/class

Registration preference will  
be given to those who sign  
up for the full series

IN the first two classes of this series (October 7 and November 11), we will work on standing poses, backbends, forward bends, and inversions. More intermediate poses will be introduced to help you go deeper and progress in your practice.

The final class on December 2 will be a restorative class aimed at deep relaxation of body and mind.

*ALICE ROCKY has been teaching and practicing yoga since the early 1980s. Her approach to teaching yoga is influenced by her extensive dance background. She is a longtime member of the faculty of the College of Marin, where she teaches yoga and movement classes. Her primary teacher is Manouso Manos.*

**Use this form to register or register online. Pre-registration is encouraged for all workshops.**

WORKSHOP/date & time: DEEPENING YOUR PRACTICE with Alice Rocky / \_\_\_\_\_

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](http://www.yogacenterofmarin.com)



08/17/2017