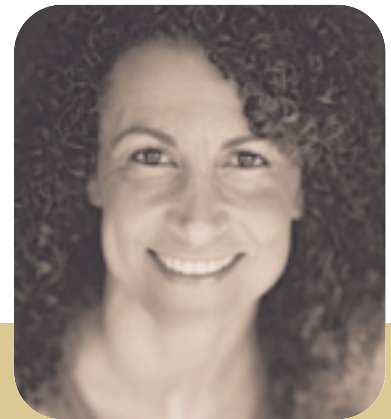




Yoga Center of Newburyport and
Laughing Dog Yoga Studio present:

Desirée Rumbaugh

November 5–7, 2010



The Collective Makeover

Friday in Newburyport – Masonic Hall, 31 Green Street

2:00–4:30pm, **Yoga Therapy:** Yoga to the Rescue. Simple techniques to relieve back, neck, shoulder, hip and knee pain (All Levels)

6:00–8:30pm, **Hip Openers:** The Truth Will Set Us Free (All Levels)

Saturday in Cambridge – Masonic Temple, 1950 Massachusetts Ave.

10:00am–12:30pm, **Standing Poses and Backbends:**

Grace Has Your Back (All Levels)

2:30–5:00pm **Forward Bends:** Deep Listening (All Levels)

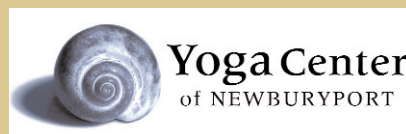
Sunday in Cambridge – Masonic Temple, 1950 Massachusetts Ave.

10:00am–12:30pm **Arm Balances and Inversions:**

We are Part of Something Bigger (Intermediate Level–must be able to do Urdhva Dhanurasana with arms straight and kick up into handstand at the wall)

Desirée Rumbaugh is a certified Anusara Yoga teacher. Anusara blends the Universal Principles of Alignment with the tantric philosophy of “looking for the good.” Desirée’s playful and inquisitive teaching style inspires her students to access their own creative power and become true artists, body, mind and spirit.

\$50/class; \$220/entire weekend;
\$190/entire weekend if paid
before 10/15



Registration for all classes is through Yoga Center of Newburyport: www.newburyportyoga.com,
center@newburyportyoga.com or call 978-335-1334.