



inner dance yoga studio
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Expanded Studies Courses September 2010 - July 2011: Mix and match among course options to design a program that meet your interests and availability. Use the last column to indicate the courses you are enrolling in. To register, bring your completed form to the studio or email a pdf to address above. For purchases over \$500, \$1000, and \$1500 a discount will be applied at the time of purchase.

Day/Date	Day / Time	Course	Instructor	Hrs	Fee	Sign-up
Sept 11-12	Sat, Sun / 9-noon	Asana: Standing poses & Hand stand	Lynne Minton	6	\$108	
Sept 12	Sat / 2-4	Anatomy Studies: Introduction to Applied Anatomy	Lynne Minton	2	\$40	
Sept 12	Sun / 2-4	Philosophy: Brief hx of yoga, Intro to Sutras of Patanjali	Karen Greenwood, Lynne Minton	2	\$40	
Sept 20-24	M-F / 7-8 am	Pranayama	Patty Bielawski	5	\$75	
Oct 4-Nov 1	Mondays / 8-9pm	Introduction to Meditation	Jill Brekken	5	\$75	
Oct 8	Friday / 3-6	Developing a Home Practice	Karen Greenwood	3	\$60	
Oct 9-10	Sat, Sun / 9-noon	Asana: Forward Bends I / Back Bends I	Karen & Bruce Greenwood	6	\$108	
Oct 9	Sat / 2-4	Anatomy Studies: Hip/ Pelvis/ Lumbar Spine	Karen & Bruce Greenwood	2	\$40	
Oct 10	Sun / 2-4	Yoga Lifestyle: Introduction to Ayurveda	Kira Roberson	2	\$40	
Nov 14	Sun / 2-4	Philosophy: Bhagavad Gita	Karen Greenwood	2	\$40	
Dec 4	Sat / 9-noon	Asana: Restorative Yoga	Margi Clifford	3	\$60	
Dec 4	Sat / 2-4	Anatomy: the Science of Relaxation	Margi Clifford	2	\$40	
Dec 5	Sun / 9-noon	Asana: Applying Science of Relaxation to Asana	Margi Clifford	3	\$60	
Dec 5	Sun / 2-4	Philosophy: Yoga Sutras of Patanjali, Part I	Patty Bielawski	2	\$40	
Jan 22-23	Sat, Sun / 9-noon	Asana: Forward Bends II / Back Bends II	Karen & Bruce Greenwood	6	\$108	
Jan 22	Sat / 2-4	Anatomy: Applied Anatomy of the Shoulder	Karen Greenwood	2	\$40	
Jan 23	Sun / 2-4	Philosophy: Yoga Sutras of Patanjali, Part II	Patty Bielawski	2	\$40	
Mar 19-20	Sat, Sun / 9-noon	Asana: Chakras and Asana	Karen Greenwood	6	\$108	
Mar 19	Sat / 2-4	Bhakti Yoga: Yoga of Sound	Shelley Cassidy	2	\$40	
Mar 20	Sun / 2-4	Ayurveda and Emotions	Cindy Bonney	2	\$40	
April 16	Sat / 9-noon/2-4	Asana: Inner Body	Alison Till	5	\$90	
April 17	Sun / 9-noon/2-4	Observation and Adjustment	Alison Till	5	\$90	
May 14	Sat / 9-noon	Advanced Asana	Karen & Bruce Greenwood	3	\$60	
May 14	Sat / 2-4	Therapeutic yoga: Lower Body	Karen Greenwood	2	\$50	
May 15	Sun / 9 to noon	Asana for your Dosha	Kira Roberson	3	\$60	
June 11	Sat / 9-noon	Advanced Asana	Karen & Bruce Greenwood	3	\$60	
July 16	Sat / 9-noon	Advanced Asana	Karen & Bruce Greenwood	3	\$60	
July 16	Sat / 2-4	Therapeutic yoga: Upper Body	Karen Greenwood	2	\$50	
			Sub-total	91	\$	
	10% disc off \$500	15 % off \$1000	20% disc off \$1500	% discount		