

Yoga Workshop

Success Naturally Yoga Center
Presents:

Gabriel Halpern

February 26, 27, 28, 2010



Weekend Theme: Yoga: Serious Fun

Friday, February 26

6-9 PM

Hatha : The ABC's of Iyengar Yoga
Jnana: Aging Is Not For Sissies

Limited Enrollment!

Saturday, February 27

9 AM—Noon

Hatha Yoga: Yoga & Balance: Finding The Plumb Line
Jnana Yoga: Yoga and the Householder Path: Grace Under Fire

Saturday, February 27

3-6 PM

Hatha Yoga: Yoga Therapeutics For Hypertension (High Blood Pressure)
Jnana Yoga: The Three Pillars of the Dharma

Sunday, February 28

9 AM—12 PM

Hatha Yoga: Inversions, Restorative Poses, and Pranayama
Jnana Yoga: Yoga and The Way Ahead

Gabriel Halpern is an acknowledged senior student of the yogic arts. Certified and trained by the internationally acclaimed master Yogacharya BKS Iyengar, he has maintained his practice and study for over four decades. In addition to degrees in philosophy and health psychology, Gabriel is a professor at DePaul University in the Theater Department. In 1985, he founded the Yoga Circle in Chicago, Ill. Marriage and two children provide additional grounding and joy in Gabriel's life. He transmits the ancient wisdom in contemporary embodiments that not only sharpen our postures, but ignite our spiritual life as well. Along with yoga, Gabriel brings the healing salves of music, humor, story telling, ritual, games, nature worship and silence.

Workshop Location:

Success Naturally
3539A S. Lone Pine
Springfield, MO 65804

Call: 417-877-9642

Fees:

**\$60 per session OR
Entire workshop: \$195**

**\$50 non-refundable deposit
due by January 15, 2010**

**First priority given to students
taking the entire workshop**

Registration Form—Gabriel Halpern Workshop February 2010

Name: _____
Address: _____ City _____ State _____ Zip _____
Phone: _____ Cash _____ Check# _____ Deposit Date _____

Master Card Visa # _____ Expiration date _____ 3-digit v-code _____

Success Naturally Yoga Center Session 1 ___ Session 2 ___ Session 3 ___ Session 4 ___ Session 5 ___

PO Box 14668

Springfield, MO 65814

Friday-Sunday ___ Entire Workshop ___

