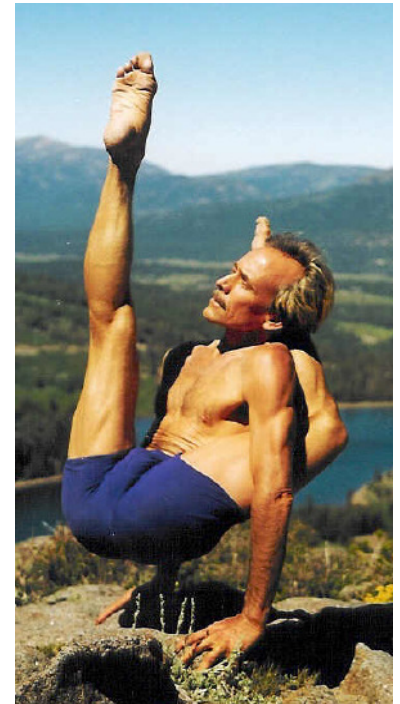


~ DOUG SWENSON ~
The Ultimate Weekend ~ Yoga Workshop
Peaceful Yoga Studio
August 15th – 17th

Doug Swenson began his study of yoga in 1969. He has had the fortune of studying with many great teachers including Dr. Ernest Wood, K. Pattabhi Jois, Ramanand Patel and others. Doug is a master yoga practitioner, philosopher, poet and dedicated health advocate. He has incorporated influences from several different yoga systems along with his passion for nutrition and the environment to develop his unique approach. Over the years he has authored several books; "Yoga Helps", "The Diet That Loves You Most", "Power Yoga for Dummies" and "Mastering The Secrets of Yoga Flow". He travels extensively offering workshops, retreats and teacher training courses around the world. Don't miss the opportunity to study with one of the world's top instructors. Doug's classes are always invigorating and inspirational and his supportive style of teaching and keen sense of humor send his students home with a smile on their face and a softness within their heart.



Friday evening: 6:00-8:30 pm

Cross Training Yoga (Balancing Strength and Softness): (Beginner – Advanced)

A delightful blend of Ashtanga and Soft form Yoga. Class starts with Doug's completely unique approach to powerful Ashtanga Yoga, and then shifts gears into a challenging, yet, soft form Yoga format. Followed by, Pranayama and deep relaxation.

Saturday morning: 11:00 am - 1:30 pm

Ashtanga with Extra Spice: (Intermediate - Advanced)

This class will follow the order of asanas for 1st level Ashtanga, with the addition of some poses from 2nd and 3rd blended in at appropriate places in your routine. This class includes hands on adjustments and personal suggestions on how to enhance your practice. Class ends with pranayama, and deep relaxation.

Saturday afternoon: 3:30 - 6:00 pm

Latest in Yoga Adjustments and Partner Yoga: (All Levels)

The most fun you will ever have with your yoga, bring your camera. Learn new and exciting ways to help each other with yoga practice, through hands on yoga adjustments and partner work. Class concludes with creation of a yoga dance, from techniques you have learned.

Sunday Morning: 11:00 am -2:00 pm

Fluid Power (Sadhana Chi): (Beginner to Advanced)

A very powerful arrangement of soft form Yoga asanas, connected together with cool and hot vinyasa. You will sweat plenty, achieve new poses and get the ultimate workout. When finished, drift into a blissful deep relaxation followed by a guided meditation.

PRICING

For the Weekend: \$200

Early Registration: \$175

Per Session: \$50.00

For more information contact:

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