

YOGA, PRANAYAMA & SANSKRIT WORKSHOP

FRIDAY, JULY 22 6:30 - 8:30 p.m. RESTORATIVE YOGA \$35

SATURDAY, JULY 23 9:00 a.m. - 12:00 p.m.

1:30 p.m. - 4:30 p.m.

\$100

\$120 for complete workshop



Workshop held at Yoga Center of Jackson
368 N. Parkway Suite # 4
Jackson, TN 38305
731-664-6633

Workshop taught by Zo Newell 500RYT. Zo was introduced to yoga by Dr. Rammurti S. Misha (Sri Brahamananda Saravati) when she was fourteen. She earned her master of theological studies at Harvard Divinity School in 1988 and is currently working on a Ph.D in the history and critical theory of religion at Vanderbilt University. She lives in Nashville where she teaches restorative yoga and yoga philosophy through the Yoga School. She is the author of *Downward Dogs & Warriors* , *Wisdom Tales for Modern Yogis*.

Space size is limited. Registration is necessary.

Name _____

Address _____

Phone _____

Workshop _____ Friday _____ Saturday _____