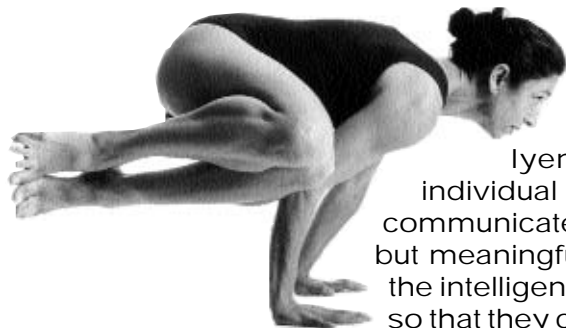


Iyengar Yoga Workshops with Gabriella Giubilaro

March 19- 22, 2009
Lakewood & Boulder, CO



Gabriella is known for her dynamic teaching of Iyengar yoga, her good humor, her attention to individual needs, and the clarity of her presentation. She communicates the essence of yoga postures through simple, but meaningful explanations that help her students discover the intelligence of their own bodies, challenging the students so that they can experience their maximum potential.

After receiving her doctorate in physics at the the University of Florence, Italy, Gabriella decided to dedicate her life to yoga in the tradition of B.K.S. Iyengar. She has been studying with the Iyengars yearly since 1983, teaches internationally, and holds an Advanced certificate in this method.

These workshops will
be held at two locations:

at Blue Spruce Yoga, Lakewood

Thursday, March 19

6:00 – 8:30 pm, All Levels, \$40

Friday, March 20

9:30 – Noon, Teachers/Intermediate, \$40

Both sessions \$75
(if paid by March 12, 2009)



Blue Spruce Yoga

held at Lakewood United
Church of Christ, corner of
1st Ave. and Carr St. (between
Wadsworth and Kipling)

Boulder Yoga, Boulder

(workshop will be held at another, more
spacious location, to be announced)

Friday, March 20

5:30 – 8:00 pm, \$40

Saturday, March 21

10:00 am – 12:30 pm, \$40

3:00 – 5:00 pm, \$35

Sunday, March 22

8:30 – 9:30 am, pranayama \$25

10:00 am – 12:30 pm, \$40

All sessions \$160



Boulder Yoga

2299 Pearl Street #6, Boulder, CO

*Attend the workshops at both locations,
but please pay separately. These workshops
will fill quickly, so register and pay early. Priority
given to those who sign up for all sessions.*



To register for Lakewood sessions, send check payable to:

Leslie Bradley, 125 Estes St., Lakewood, CO. 80226

To register for Boulder sessions, send check payable to:

Boulder Yoga, 2299 Pearl Street #6, Boulder, CO 80302

For more information:

call Leslie at (303) 237-4776 or Laura Allard at (303)444-YOGA
or visit www.bluespruceyoga.com or www.boulderyoga.com