

**ROSEMARY COURT YOGA**  
810 Central AVE, Sarasota, FL 34236



*deepening your poses, practice, path*

## HOW TO DEVELOP A PERSONAL YOGA PRACTICE

with Deborah Di Carlo  
Certified Iyengar Teacher

**SATURDAY · MARCH 13, 2010 · 1 – 4 PM**

**Establishing and maintaining a personal yoga practice can be challenging for beginning and experienced students alike.**

Not knowing how, when, where, and what poses to practice in the context of existing family and work commitments all conspire against our best intentions. This workshop will teach you how to start or invigorate an existing home practice so that you can experience the many benefits of yoga beyond the classroom.

**Expect lively group discussions and ideas for eliminating the many physical, mental, and emotional obstacles.**

Appropriate for beginning yoga students as well as more experienced students who are not yet consistent in a home practice. Cost includes all workshop materials.

### BECOME INSPIRED BY

**A STEP-BY-STEP FRAMEWORK TO DEVELOP A PERSONALIZED PRACTICE EACH DAY**

**FULL-COLOR SWATCHBOOK OF 100+ POSES FOR REFERENCE & LEARNING**

**HANDOUTS FOR REINFORCING KEY PRINCIPLES**

**SAMPLE SEQUENCES TO JUMPSTART YOUR EFFORTS**



**COST IS \$60. REGISTER BY FEB 21, 2010 SO MATERIALS CAN BE PREPARED.  
SEND REGISTRATION, SURVEY & PAYMENT TO  
DEBORAH DI CARLO, 686 NORTON ST., LONGBOAT KEY, FL 34228**