



yogaview



STRONG SHAKTI FOR POWERFUL CHANGE

A FUN AND PLAYFUL VINYASA FLOW CLASS

WITH DESIRÉE RUMBAUGH

Thursday, September 17

6.00–8:30 pm

A full spectrum playful Anusara Practice for experienced students. Desiree will do yoga along with the students guiding them into more advanced work and helping them discover even more of their potential. Pre-requisite: must be able to kick up to handstand at the wall unassisted and push up to urdhva danurasana by yourself with straight arms.

Desirée Rumbaugh teaches from the experiences of more than two decades of practice. She was one of the first students to study with John Friend, and one of the first to be certified in his Anusara method of yoga. As a full-time teacher, Desirée travels the world offering workshops, which are innovative and transformative, challenging and compassionate.

She has a well-earned reputation for deepening the most new to the most seasoned practices, through humor balanced with a quest for authenticity. September 2007 marked the release of her first DVD entitled Yoga to the Rescue, which is specially designed for those who have avoided yoga because of a lack of flexibility, low fitness level or chronic pain. Her newest DVD entitled Yoga to the Rescue for Back Pain was released in January 2008 with wide acclaim. Desirée is also a contributor to various organizations and publications, including the Yoga Journal, where she was featured on the February 2008 cover. For more information, please visit www.desireerumbaugh.com.

cost: \$45