



The Piedmont Yoga Studio is pleased to present:

# BHUTA NAMASKAR

## Salutation to the Elements

(An Alternative to Sun Salutations)

with Bronwyn Michaelis  
Saturday, April 24, 2010  
2:00-5:30 pm

\$50 by April 17 • \$60 thereafter  
Studio 2



Come think outside the mat with its straight lines and static poses. In this workshop we'll celebrate spirals and curves through the five traditional elements: earth, water, wind, fire and wood. Find both ease and precision by honoring your body's innate wisdom. Discover the depth of movement possible when the body is given the freedom to shape itself intelligently and honor it's structural elements. These salutations and their sequencing are designed to invoke deep embodied presence and vitality.



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Bronwyn Michaelis, LAc has been teaching yoga since 1999 and graduated from the Piedmont Yoga Studio's Advanced Teacher Training Program in 2002. She has a well-rounded Holistic Medical Practice in the east bay that includes acupuncture, herbology, Rosen method, Reiki, and chi-nei-tsang. [www.reikiyoga.com](http://www.reikiyoga.com)

Registration for: Bhuta Namaskar Saturday, April 24, 2010, from 2:00-5:30 pm; \$50 by April 17, \$60 thereafter • Studio 2

Name \_\_\_\_\_ Phone: \_\_\_\_\_

Address/City/Zip \_\_\_\_\_

E-mail (for notices about future events) \_\_\_\_\_

Make checks payable to: Piedmont Yoga Studio and mail with this registration form to PYS, P.O. Box 11458, Oakland, CA 94611. Cancellations before April 17 will be refunded less a \$15 admin fee. No refunds for cancellations on/after April 18. For more information, call 510.652.3336, or go to [www.piedmontyoga.com](http://www.piedmontyoga.com) to register on-line.