



The Piedmont Yoga Studio is pleased to present:

Yoga: Awakening the Inner Body with Donald Moyer

**Saturday, September 18, 2010
2:00–5:00 pm**

Piedmont Yoga Studio, Studio 2

Registration: \$60 by Sept. 4, \$75 thereafter



In this workshop, we will develop our awareness of the inner body by engaging the deeper muscles of the body, aligning the internal organs, and creating space in the joints in a wide variety of poses. Practicing in this way allows more movement with less effort, and brings a deeper, self-empowering experience of the poses. At least one year's experience of yoga is recommended.

Donald Moyer, founding director of The Yoga Room in Berkeley, California, has been practicing Iyengar yoga since 1971 and teaching since 1974. He studied extensively with B.K.S. Iyengar in India from 1976–1988 and continues to be inspired by his work. Donald wrote the Asana column for Yoga Journal in 1987, 1989, and 1992, and is the author of *Yoga: Awakening the Inner Body* (Rodmell Press: 2006).

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Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City/State, Zip _____

E-mail address _____

Workshop fee: \$60. Cancellations prior to Sept. 4 will be refunded workshop fee minus a \$15 administrative fee. No refunds on or after Sept. 5.
Make checks payable to: Piedmont Yoga Studio and mail with this registration form to Piedmont Yoga Studio, P.O. Box 11458, Oakland, CA 94611.