



# ASHTANGA YOGA

## & AYURVEDA WORKSHOP WITH CHRISTINE HOAR

FOUNDER OF BRISTOL YOGA, VERMONT & AYURVEDIC PRACTITIONER,  
BLESSED AND AUTHORIZED TO TEACH BY HER GURU, SRI K PATTABHI JOIS

**JUNE 26/27/28**

FRI 6-8.30PM : **LED PRIMARY SERIES UNTIL NAVASANA  
FOLLOWED BY YOGA NIDRA (DEEP RELAXATION)**

SAT 9-11.30AM : **LED PRIMARY SERIES + BACKBENDING**

SAT 12-1.30PM : **INTRO TO AYURVEDA WITH EMPHASIS ON DAILY ROUTINE + DIET**

SUN 9-11.30AM : **INTRO TO 2ND SERIES, QUESTION&ANSWER**

SUN 5PM : **AYURVEDIC COOKING CLASS (MAX.12 PARTICIPANTS)**

ALL LEVELS OF STUDENTS ARE WELCOME

FULL WORKSHOP \$125/SINGLE SEGMENT \$45/COOKING CLASS \$55

**ASHTANGA YOGA RHODE ISLAND**

26 HIGH ST. (LOWER LEVEL), WESTERLY, RI

[WWW.ASHTANGAYOGARI.COM](http://WWW.ASHTANGAYOGARI.COM)

TO REGISTER, CALL: 401-932.5650 OR EMAIL: [LOU@ASHTANGAYOGARI.COM](mailto:LOU@ASHTANGAYOGARI.COM)