

# Monthly Extended Practice

with **Ada Shedlock**



SATURDAY AFTERNOONS  
March 22, April 26, 2008  
2:30 to 5:30 pm

Fee: \$35 per workshop  
*(Registration information on back)*



Devote one long afternoon each month to your yoga practice and experience the difference three hours can create for your body, mind and spirit. Our time together will delve deeply into the internal landscape of both physical and energetic body through a series of deep openers, standing postures, inversions, backbends, pranayama, relaxation and meditation. Open to students with a minimum of one year of practice. Please contact Ada in advance should injury or other considerations affect your yoga practice. Space limited.

To register complete the form on reverse and mail to the address noted. For information call Ada at 510-552-0155 or email [info@adayoga.com](mailto:info@adayoga.com).



1250 Addison Street, Suite 209  
Berkeley, CA 94702  
[www.berkeleyyoga.com](http://www.berkeleyyoga.com)

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with **Ada Shedlock**

To register please fill out the form below and mail your check to:

Ada Shedlock  
P.O. Box 7434  
Berkeley CA, 94707  
or call 510.552.0155

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## REGISTRATION FORM

Please register \_\_\_\_\_ person(s) for *Monthly Extended Practice(s)*

Check date(s) you wish to attend:

3/22       4/26

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_