

Yoga to Support Meditation

with Ada Shedlock



SATURDAY AFTERNOON
May 31, 2008
2:00 to 5:00 pm

Fee: \$40
(Registration information on back)

Wanting to rekindle or deepen your seated meditation practice? In this 3-hour workshop we'll practice postures to open the hips, spine and upper back in support of a more comfortable, grounded seat. Time will be spent exploring seated meditation posture, modifications and proppings to improve ease and reduce injury. Bring a notebook and your cushion. Yogis and yoginis of all levels are welcome. 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.

Yoga to Support Meditation

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

"

REGISTRATION FORM

Please register _____ person(s) for *Yoga to Support Meditation*

Name(s) _____

Address _____

Phone _____

Email _____

Amount Enclosed \$ _____



1250 Addison Street, Suite 209
Berkeley, CA 94702
www.berkeleyyoga.com