

VINYASA YOGA FLOW WEEKEND with Doug Swenson, ERYT500

February 24-26, 2012

At **SECOND WIND**, in Swansboro, NC



Don't miss this awesome opportunity to practice, study and train with a world-renowned master teacher. Doug's classes are always invigorating, inspirational, and empowering. With his supportive style of teaching and keen sense of humor, students are sure to leave with a smile on their face and softness in their heart!

Doug Swenson began his study of yoga in 1969. He has had the fortune of studying with many great teachers including Dr. Ernest Wood, K. Pattabhi Jois, Ramanand Patel and others. A master yoga practitioner, philosopher, poet and dedicated health advocate, he has incorporated influences from several different yoga systems along with his passion for nutrition and the environment to develop his unique approach. Over the years Doug has authored several books; "Yoga Helps", "The Diet That Loves You Most", "Power Yoga for Dummies" and "Mastering The Secrets of Yoga Flow".

3-Day Immersion Weekend
ALL LEVELS WELCOME, Yoga teachers and enthusiastic students.

Four 3-Hour Sessions:

- Friday, 6-9PM** "Mastering the Secrets of Yoga Flow"
- Saturday, 10AM-1PM** "Fluid Power"
- Saturday, 3-6PM** "Partner Yoga and Adjustments"
- Sunday, 10AM-1PM** "Balance... Body, Mind, Ecology"

Full Weekend Intensive \$300 (\$250 before Dec 15th)

Single Session, \$80

Transcending Yoga AYT 500 Module

12 CEU's Available, (\$25 for Certificate & Manual)

To Register:

By Phone or In Person, Second Wind (910) 325-3600

Online, www.transcendingyoga.com/Doug.html

SECOND WIND

208 West Main Street
Historic Downtown District
Swansboro, NC 28547

Sponsored by: **Transcending Yoga**

