

# Yoga Workshop with Desiree Rumbaugh Light Up Your World! Tuesday June 29

10:00-12:30

Standing Poses and Backbends \$50

3:00-5:30

Hip Openers and Forward Bends \$50

Location: The Old Cove Creek School Gym  
(located 8 miles from downtown Boone)  
207 Dale Adams Road  
Sugar Grove, NC 28679



Desirée has been immersed in yoga since 1987. Each year brings her greater understanding and a deeper bow of gratitude for all the gifts she has received from this great practice of union with the Self. The discovery of the transformational power of Anusara Yoga has helped her to lift so many veils in her life that she is now compelled to travel the world and share this practice with anyone who is open to it.

For Desirée, teaching yoga is a playful art form and she encourages her students to see their practice as a channel for personal creativity.

For more about Desirée : [www.desireerumbaugh.com](http://www.desireerumbaugh.com).

For more about Anusara Yoga: [www.sangati.net](http://www.sangati.net) or [www.anusara.com](http://www.anusara.com). All Levels Welcome for all the classes.

Neighborhood  
**Yoga**

Please fill out, clip and return to **Serena Crawford 186 Adams Lane, Boone NC 28607**

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

PAYMENT: Please check all that apply

CASH

CHECK (Please make it out to Serena Crawford)

Call or email Serena with any registration questions

Contact Serena:

828-719-7547

email: [serenabean96@hotmail.com](mailto:serenabean96@hotmail.com)

PLEASE CHECK WHICH SESSION  
YOU WOULD LIKE TO ATTEND:

MORNING

AFTERNOON

ENTIRE DAY