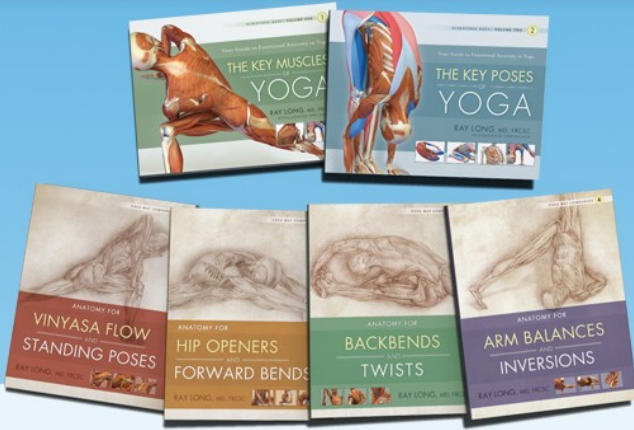


Anatomic Yoga™

A multimedia workshop with author and surgeon Ray Long MD FRCSC
Combining modern western science with the ancient art of Hatha Yoga



BANDHA YOGA

Ray Long MD FRCSC is a board certified orthopedic surgeon and the author of the best selling "Scientific Keys" book series on anatomy and Yoga. Ray has studied hatha yoga for over twenty years, training extensively with B.K.S. Iyengar, and other of the world's leading yoga masters.

Hosted By: Suncoast Yoga Teachers Association

Where: Garden Club of St. Petersburg
500 Sunset Drive South
St. Petersburg, FL 33707

When: September 23rd – 25th, 2016

Friday 6:30pm – 8:30pm

Saturday 10:00am – 12:00pm
1:30pm – 3:30pm

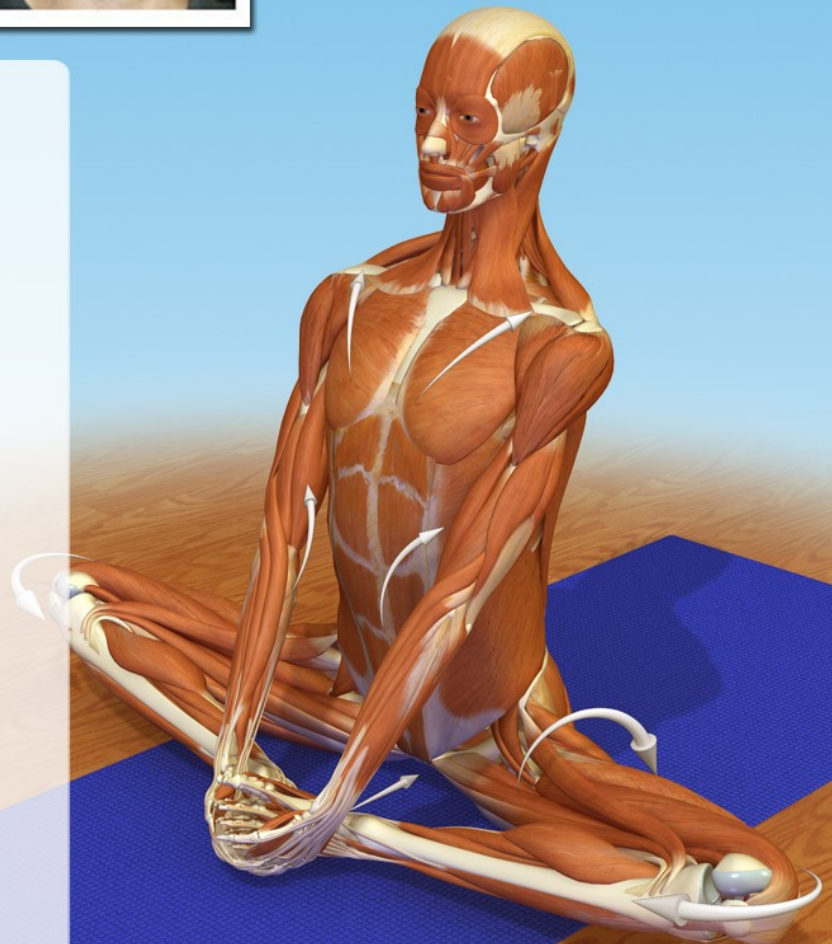
Sunday 10:00am – 12:00pm
1:30pm – 3:30pm

Registration: www.suncoastyoga.org
or see reverse side

Cost: Early registration by July 1, 2016
Full Weekend \$185.00
Single Day \$130.00
Per Session \$65.00

Register after July 1, 2016
Full Weekend \$225.00
Single Day \$130.00
Per Session \$65.00

For more information on workshop content, go to
<http://www.bandhayoga.com/workshops.html>





Presents:

Anatomic YOGA

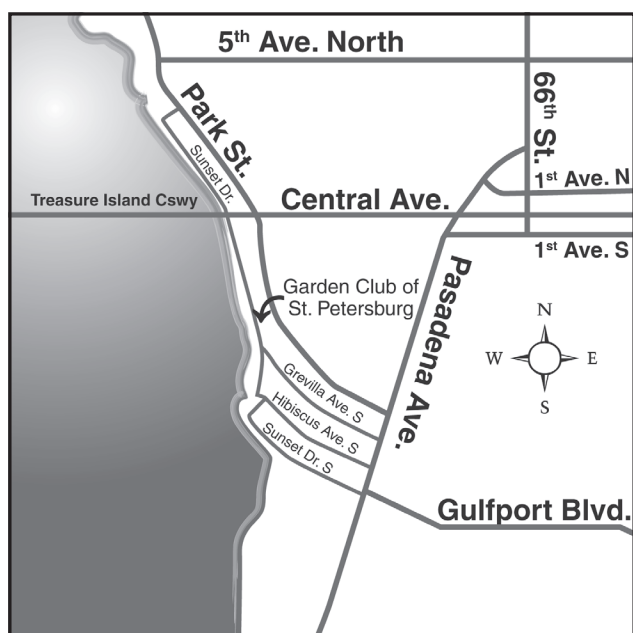
With Ray Long MD FRCSC

September 23-25, 2016 • Garden Club of St. Petersburg

- **Early Bird Weekend Registration: \$185**
Before July 1, 2016
- **Regular Weekend Registration: \$225**
- **Saturday or Sunday: \$130**
- **Per-Session Registration: \$65**

SYTA Members may send a \$50 non-refundable deposit to hold your space for the entire weekend. Balance due September 1, 2016.

Garden Club of St. Petersburg
500 Sunset Drive South
St. Petersburg, FL 33707



ACCOMMODATIONS

There are many choices of accommodations either on Treasure Island or St. Pete Beach. Both are 5-10 minutes from the Garden Club.

SYTA Ray Long REGISTRATION FORM

Name

Street Address

City

State

Zip Code

Phone Number

E-Mail Address

I am signing up for:

- | | |
|---|---|
| <input type="checkbox"/> Entire Workshop | <input type="checkbox"/> Friday Evening |
| <input type="checkbox"/> Saturday Morning | <input type="checkbox"/> Saturday Afternoon |
| <input type="checkbox"/> Sunday Morning | <input type="checkbox"/> Sunday Afternoon |
| <input type="checkbox"/> All Day Saturday | <input type="checkbox"/> All Day Sunday |

Enclosed is a check payable to SYTA in the amount of

\$ _____

PAYMENTS & REGISTRATION

Mail Payments &
Registration To:

Susan Wasserman
7015 Grevilla Ave. South
South Pasadena, FL 33707

Or pay online with PayPal at
www.suncoastyoga.org

Call Susan at
(727) 347-7354
with any questions.