



STEADY & STRONG

How to be Fearless Over 50 with Yoga

with Desiree Rumbaugh & Andrew Rivin
April 20-22, 2018 • Garden Club of St. Petersburg

Ayurveda teaches that there are 4 stages in a human life:

- **Age 0-25: The Student** — A time of learning and enjoyment.
- **Age 25-50: The Householder** — A time for raising a family and/or managing a business or career.
- **Age 50-75: The Hermit** — A time for ourselves and for learning more about our inner world.
- **Age 75-100: The Renunciate** — A time for preparing to die and for spending more time in spiritual practice such as meditation and prayer.

Today many of us are finding that the householder stage of caretaking and career is extending into the third stage and beyond. In order to keep up with our lives, we need to take good care of ourselves physically, mentally and emotionally, now more than ever. Yoga offers answers, yet for many, time has taken its toll and though the spirit is still strong, the body is beginning to show a lack of willingness.

In this workshop, Desiree and Andrew will incorporate the information they have learned from Physical Therapists and Personal Trainers that is keeping their practice strong and vital as they near the age of 60. If you are over age 50 and are curious to know how to keep your body and mind positive and full of energy this workshop is perfect for you. If you are under the age of 50 and curious to know how to keep your "game" strong for the long run, it's never too early to examine your practice and create good sustainable habits.

All classes are open to all levels, including beginners and will include the concepts of vertical stacking and core strengthening. Teachers will gain many new ideas to bring back to their students. For more information, please visit www.desireerumbaugh.com



Desiree and Andrew travel the globe teaching yoga classes and workshops together.

Desiree is an internationally recognized yoga teacher and the co-author of *Fearless After Fifty: How to Thrive with Grace, Grit and Yoga*. Known also for her warmth, authenticity and playful sense of humor, Desiree is a master at delivering the complexity of yoga in a down-to-earth, easily understandable way.

Andrew Rivin, is an E-RYT 500 certified yoga teacher and a mindfulness coach. Trained by the Asia Leadership Institute's 'TeamUp', Andrew blends a traditional athletic and business background with a great love of yoga, philosophy and psychology and offers both individual and group coaching via Skype or phone.

Friday, April 20

6:00 pm - 8:30 pm

Hip Openers, Pranayama & Meditation

Saturday, April 21

10:00 am - 12:30 pm

Standing Poses & Backbends

Saturday, April 21

2:30 pm - 5:00 pm

Seated Poses & Twists

Sunday, April 22

10:00 am - 12:30 pm

Full Spectrum Practice of Our New Habits



Desiree and Andrew are certified Anusara teachers and **the hours from this workshop will be counted toward the 300 hour Anusara Certification.**

REGISTRATION: See reverse side or visit www.floridayogateachers.org



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PAYMENTS & REGISTRATION

Entire Weekend Workshop: \$200

FYTA Members Entire Workshop: \$185

Individual Sessions: \$65 each

FYTA Members may send a \$50 non-refundable deposit to hold your space for the entire weekend. Balance due April 1, 2018.

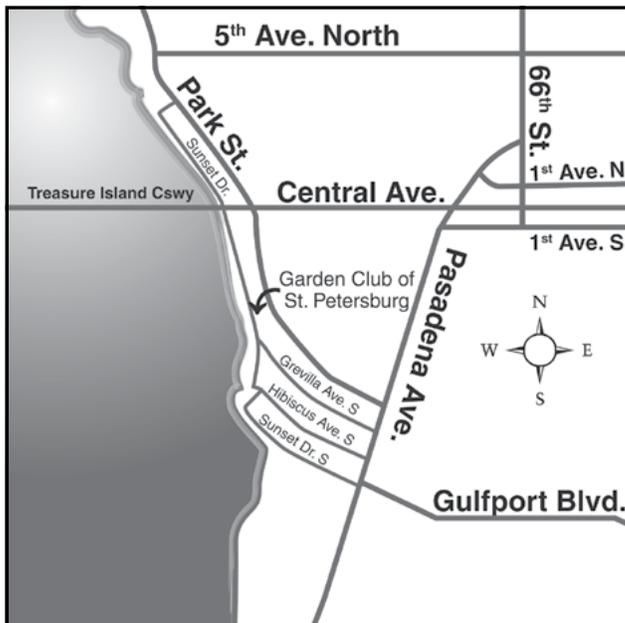
Mail Payments & Registration To: Or pay online with PayPal at www.floridayogateachers.org

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

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

Garden Club of St. Petersburg

500 Sunset Drive South
St. Petersburg, FL 33707



ACCOMMODATIONS

For out of town guests (and locals who want a nice weekend away), FYTA recommends the lovely, newly renovated **Crystal Bay Hotel**, which is only a few blocks away from the Garden Club. They have offered our workshop participants a special rate for the weekend of the workshop.

Go to www.crystalbayhotel.com for more information, and mention FYTA when you make your reservation.

FYTA REGISTRATION FORM

STEADY & STRONG with Desiree Rumbaugh & Andrew Rivin

Name _____

Street Address _____

City _____

State _____

Zip Code _____

Phone Number _____

E-Mail Address _____

I am signing up for:

Entire Workshop
Regular Rate

Entire Workshop
FYTA Member Rate

Session One:
Friday Evening

Session Two:
Saturday Morning

Session Three:
Saturday Afternoon

Session Four:
Sunday Morning

Enclosed is a check payable to FYTA in the amount of

\$ _____