



How to **USE** *Yoga* Poses to Your Advantage

with Desiree Rumbaugh

March 11-13, 2022 • Garden Club of St. Petersburg

It has long been known that people who practice yoga regularly tend to appear ageless in mind and body. It's no accident and it's not without some effort. There's no better return on investment out there than keeping our physical and mental health as strong and vital as possible.

Friday, March 11 (6:00 PM — 8:30 PM)
Lower Back, Hips and Knees

A little knowledge goes a very long way. In this class we will learn how to accurately assess and monitor the combination of our lower back curve and lower belly strength in standing and seated poses for the greatest benefit: the joy of feeling better.

Saturday, March 12 (10:00 AM — 12:30 PM)
Core Power: Take Good Care of Your Back

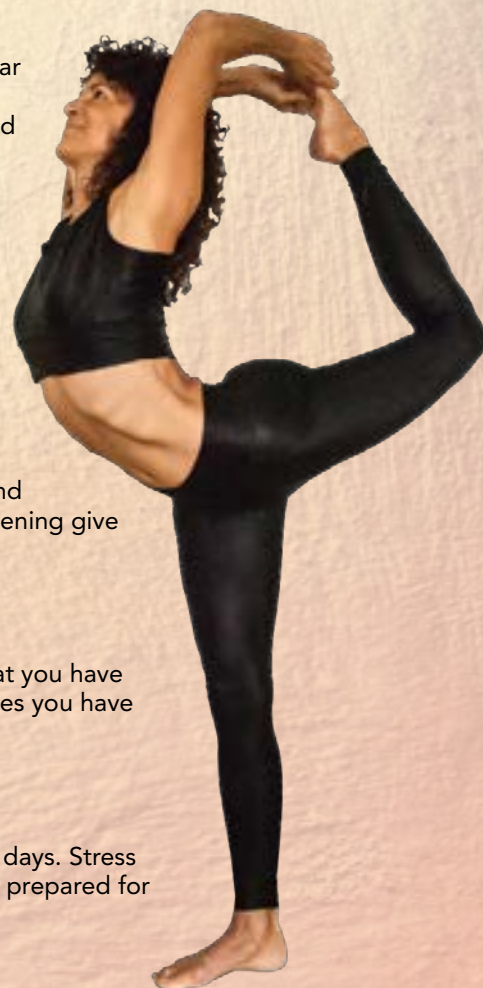
Most of us know the value of a strong core to keep us balanced, integrated and upright. What we might not realize is how different variations of core strengthening give us the flexibility to adapt to any situation.

Saturday, March 12 (2:30 PM — 5:00 PM)
The Art of Twisting

Twisting poses are a big blessing for the human body. Learn how to apply what you have learned about your core strength to all of your twists and find freedom in places you have not yet discovered.

Sunday, March 13 (10:00 AM — 12:30 PM)
Stand Tall: Better Posture for Life

We saved the best for last. Shoulder and neck issues are quite common these days. Stress and technology are here to stay and will take their toll on everyone. Be better prepared for the present and the future by integrating these exercises into your life.



DESIREE RUMBAUGH

Desiree Rumbaugh returns to St. Petersburg for her second visit to offer her latest innovative ideas about the great practice of Hatha Yoga. With 35 years of experience, having taught all over the world, Desiree is constantly studying and learning from her students as well as

teachers, physical therapists and weight trainers. Her background in Iyengar and Anusara yoga have given her a strong foundation in alignment-based Yoga.

With all the new technology available in movement education, her curiosity continues to drive her passion. Strength and breath must be the basis of flexibility in order for it to be sustainable, so expect to learn more about this concept in these weekend classes. Author of "Fearless After Fifty: How To Thrive with Grace, Grit and Yoga", creator of the DVD series "Yoga to the Rescue" and the PBS special "The Transformational Power of Yoga", Desiree has much to offer students and teachers of all ages and levels of experience, including beginners.

For more information, please visit
www.desireerumbaugh.com

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 March 1, 2022.

Mail Payments & Registration To:

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

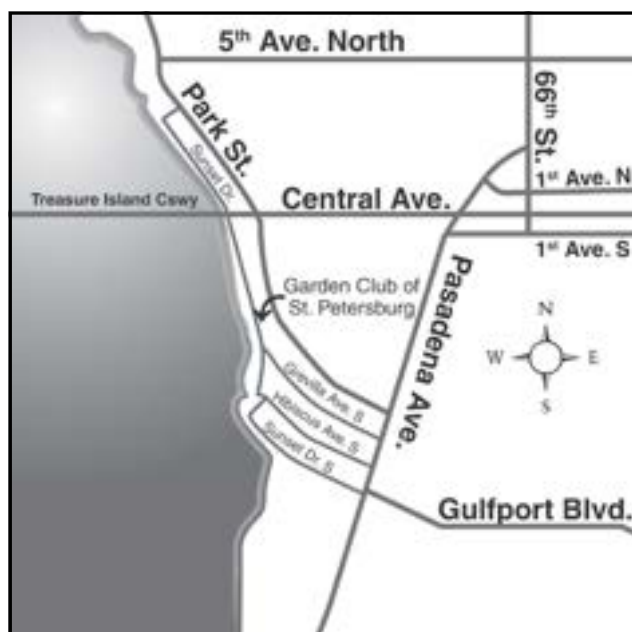
Call Susan at
(727) 302-0909
with any questions

Or, pay online at www.floridayogateachers.org

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.

View the hotel at www.crystalbayhotel.com. For special FYTA pricing, call Kathy Weed at (727) 317-2806.

FYTA REGISTRATION FORM

How to **USE** Yoga Poses to Your Advantage

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

\$ _____