



Anusara® Yoga
ADVANCED
TEACHER
INTENSIVE

June 8-10, 2012

DESIREE
RUMBAUGH
certified Anusara teacher

Schedule:

Friday (12-2:30)	Potent Themes: Bring the UPA's to Life
Friday (4-6:30)	Therapeutics: Solve Your Own Mysteries
Saturday (9-12)	Art of Teaching/Sequencing (demo class & discussion)
Sat. (2:30-4:30)	Hands-On Therapeutics: Help your students heal.
Saturday (5-6)	Stay Strong with Live Foods (lecture & tasting)
Saturday (6-8)	Potluck Dinner & Kula
Sunday (9-12)	Advanced Practice

Registration: \$275/person

Mail: Prakasa Yoga Studio PO Box 165 Williamsburg, MA. 01096

Location: 152 Ball Rd Goshen, Ma. Local accommodation available.

www.prakasayoga.com prakasayoga@gmail.com 413.268.7151

Desiree Rumbaugh was one of the first students to study with and be certified by John Friend in Anusara Yoga. Desiree travels the world offering workshops and teacher trainings that are innovative, transformative, challenging, compassionate. She has a well-earned reputation for helping teachers expand their effectiveness and deepen their personal practice through her humor, dedication & authenticity.