



## **FEBRUARY 2010 SEMI-PRIVATE WORKSHOPS**

### **Sunday, February 14, 8:00am - 10:00am, \$25**

#### **Valentine's Day Request Intensive, Level 2-3**

*A 2 hour "request" class in a semi-private setting limited to 8 students. Workshop themes and poses are designed around your requests, with lots of hands on, individualized instruction. This is a great opportunity to work on specific poses, and to focus on what will be helpful for you to move deeper into your practice.*

### **Saturday, February 20, 8:00am - 10:00am, \$25**

#### **Meditation and Yin Yoga, All Levels**

*Spend some quiet time with yourself...We begin with meditation instruction and a 15 minute sitting session. Then, transitioning into a Yin asana practice, we'll focus on the hips and spine in preparation for the longer sitting session at the end of class.*

#### **Location:**

Satya House (my home studio in Carpinteria). *I will email directions to participants.*

#### **Registration:**

Payment in full will confirm your space. Please note: **cancellation policy** - *payments are refundable if you cancel before the Wednesday of the workshop you are signed up for, thereafter, payment is refundable **only** if your space is filled.*

#### **Contact:**

Me! (805) 566-5374 or [info@heathertiddensyoga.com](mailto:info@heathertiddensyoga.com) and let me know you want to attend. Payment can be mailed to 6332 Via Real, Carpinteria, CA 93013, or you can give it to me in class at the Soup or at the Yoga Center.