



Yoga Plus presents...

Desirée Rumbaugh

October
1st -3rd,
2010



Don't Worry, Be Happy

Friday 6-8:30.
Hip Openers: The Magical
Midline

Sat 10-12:30.
Standing Poses and
Backbends: Have More of
Everything you Love

Sat. 2:30-5.
Forward Bends:
Extraordinary Presence

Sun. 10-12:30.
Arm balances and Inversions:
The Truth Sets us Free

Cost

\$65+HST per class,
\$245+HST
Full Weekend

Desirée Rumbaugh teaches from the experiences of more than two decades of practice. She was one of the first students to study with John Friend, and one of the first to be certified in his Anusara method of yoga. As a full-time teacher, Desirée travels the world offering workshops, which are innovative and transformative, challenging and compassionate.

She has a well-earned reputation for deepening the most new to the most seasoned practices, through humor balanced with a quest for authenticity. September 2007 marked the release of her first DVD entitled *Yoga to the Rescue*, which is specially designed for those who have avoided yoga because of a lack of flexibility, low fitness level or chronic pain. Her newest DVD entitled *Yoga to the Rescue for Back Pain* was released in January 2008 with wide acclaim. Desirée is also a contributor to various organizations and publications, including the *Yoga Journal*, where she was featured on the February 2008 cover. For more information, please visit www.desireerumbaugh.com

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Registration & info: Yoga Plus • 40 Eglinton Ave. E., Toronto, ON • 416-322-9936 •
www.yogaplustoronto.com