



Sun, Feb 14, 2010

3:00-6:00pm

\$45 (*\$55 after Feb 7*)

Per Couple: \$80 (*\$100 after Feb 7*)

Moksha Riverwest

700 N Carpenter

Jonny Nobleza has a passion for all things movement that started when he was very young and has evolved into a life filled with meditation, yoga, music, dance, and bodywork. His intuition and understanding of the ancient tradition of Thai Massage has emerged not only from intense formal training in the U.S., Thailand, and Laos, but also from deep studies in movement, yoga, meditation, rhythm and sound.

Rich Logan has traveled the world studying and teaching massage therapy and Yoga. He has been on faculty at the Chicago School of Massage therapy and The Pacific College of Oriental Medicine. Rich has also been a guest speaker on Western massage techniques at the Auyurvedic College in Mysore, India. A student of Yoga for 9 years and teaching Yoga for 3, Rich incorporates his knowledge of anatomy and physiology with a unique understanding of spirituality in the modern world

Mary Wolters has been practicing yoga since 1997 and teaching since 2001. She has studied with master yoga teachers from around the world. Committed to the process of learning, she believes that we are all students of what our life has to teach us. Sharing knowledge of yoga's 5,000 year old tradition gives her great joy. She loves to incorporate the knowledge of the past (asanas, meditation, bandhas, mantra and mudras) with what is relevant in the here and now.

R I C H L O G A N ,
J O N N Y N O B L E Z A
A N D M A R Y W O L T E R S
F A L L I N G I N L O V E W I T H Y O G A ,
F L Y I N G , A N D M A S S A G E

Who is it that meets the world in our daily lives? This course is designed to challenge our perceptions of self and the other, giver and receiver, lover and beloved. Trust is at the core of this shared experience.

We begin the journey in grounding ourselves through traditional Yoga practices led by Rich Logan, then introduce a variety of partner work. First, Jonny Nobleza will pilot Acro Yoga where we learn to either support the other or let go into the basics of therapeutic flying. Then we move into our depths as we meet another in the gift of massage. Mary Wolters will lead us through thai massage techniques designed to stretch and relax us.

This is the perfect compliment to Valentines Day. So if you're a yogi, massage therapists, teacher or just a curious seeker, come with a friend, a partner, a sense of humor, or just with an open mind to meeting yourself in a stranger. (If you have any special knee or joint issues, please contact Maryatyoga.mary@yahoo.com)"

R E G I S T R A T I O N F O R M

NAME

ADDRESS

CITY, ST, ZIP

PHONE

EMAIL

\$15 DEP. REQUIRED TO REGISTER

PMT AMT CASH CHECK VISA/MC AMEX DISC PAYPAL

CARD NO.

EXPIRATION DATE

SIGNATURE

O F F I C E U S E O N L Y

OMBASE ENTRY BY DATE

REG LETTER MAILED BY DATE

EMAIL CONFIRMATION DATE

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YOGA CENTER

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