



Desirée Rumbaugh

All Levels Workshop
Friday, April 6, 2012
Scottsdale, Location TBA

A World of Possibilities

Desirée Rumbaugh is a certified Anusara Yoga teacher. Anusara blends the Universal Principles of Alignment with the tantric philosophy of “looking for the good.” Desiree’s playful and inquisitive teaching style inspires her students to access their own creative power and become true artists, body, mind and spirit. Enjoy a visit with Desiree while polishing your practice skills!

How to Make Difficult Things Easier:

Backbends and Arm Balances
Friday Afternoon, 2:30-5pm

Non-Attachment is Your Greatest Ally:

Hip Openers, Forward Bends, Pranayama and Meditation
Friday Evening, 6-8:30pm

Price: \$45/40* for INDIVIDUAL sessions;

**early registration price available thru 3.28.2012.*

Register online or by phone 480.905.8801

REFUND POLICY: Workshops payments may be refunded with 72 hour notice, less administrative fee of \$10 per individual session or \$25 for whole weekend. No refunds or credits for less than 72 hours notice.

