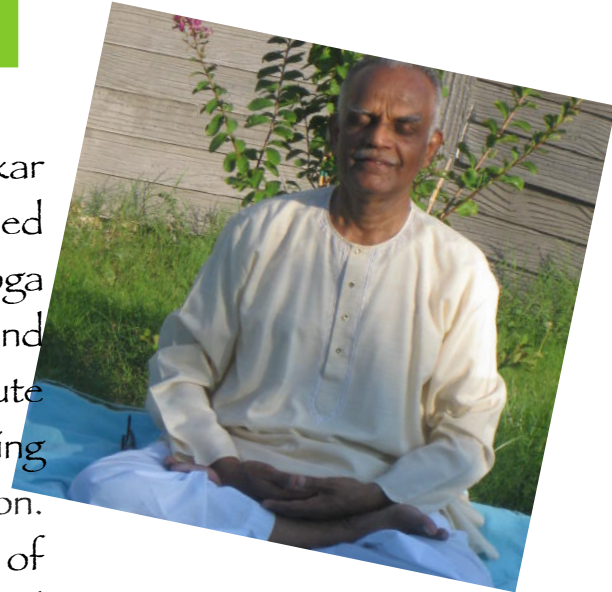


YOGA

CLASSICAL YOGA
WORKSHOP
OCTOBER 9-11

Take charge of your health and join Dr. LM Sukhatankar for a 3 day Classical Yoga workshop. Classically trained at the Yoga Institute in Mumbai, India, LM has been a yoga teacher and counselor for over 35 years in the US and India. He was closely associated with the Yoga Institute for over 22 years before coming to the US and founding the Classical Yoga Lifestyle Institute for Yoga Education. This institute was established as one of the centers of The Yoga Institute in Mumbai, the oldest organized institute of yoga in the world with about 90 years of experience in practice, teaching, research and publication. To learn more about LM or Classical yoga, check out these websites www.yogainlife.org or www.theyogainstitute.org



FOR PLANNING PURPOSES,
PLEASE CALL TO SAVE YOUR
SPOT

LIZ KEGLOR 352-615-1950

Register for the whole yoga
weekend before October 2 and
receive a discounted rate of \$100

Friday, October 9

Why Yoga?

Friday's practice will give us an introduction to Classical Yoga and how we can use it in our everyday lives to reduce stress and improve health. A sattvic dinner will be provided.

6-8 pm \$25

Saturday, October 10

Yoga for Total Health Workshop

Along with a yoga practice, we will discuss holistic health concepts and various lifestyle practices of yoga for total health, including yoga food and Ayurvedic nutrition. A sattvic lunch will be served, and yoga tea and snack will be provided in the afternoon.

10-5pm \$60

Sunday, October 11

Yoga: Taking Control of Your Health

Sunday's practice will be an interactive session on how we can apply Classical Yoga for total health and lifestyle management.

2-5pm \$25