

Ashtanga Flow Yoga

April 3 - June 5, 2006
Monday Evenings • 7:45 - 9:00 p.m.
8-Week Session • \$80
(*no classes on April 24 or May 29)

Directions: The studio is located on the 2nd floor of the Church School Bldg. at First Congregational Church, 900 High St. near UCSC in Santa Cruz. **From Hwy 17/South County** follow signs for Hwy 1 to Half Moon Bay. Turn right on Mission, immediate right on Highland, and left on High. Look for 2nd church on right in approx 1/2 mile. **From Half Moon Bay /Mission St** take Bay Ave. towards UCSC, and turn right on High. Church is on left in approx 3 blks, just past Moore St. **As you enter, follow the driveway to the right to upper parking lot.** The Church School Bldg. will be straight ahead at the west end of the lot. Please arrive 10 minutes early so that we may begin on time.

Yoga for Riders

and their friends

**Balance • Awareness • Relaxation • Fluidity
Strength • Alignment • Flexibility • Centeredness**

Celebrate the beginning of Spring by developing in yourself the very qualities that you seek to develop in your horse. In this class, students will explore pranayama and the integration of movement and breath in a flowing series of postures inspired by Ashtanga Yoga. This practice creates a deep internal heat, purifying the body on a cellular level, quieting the mind and awakening a dynamic internal dance and a deep sense of vibrant stillness.



Kat Trueblood has been practicing yoga and meditation since 1973. She has studied Ashtanga, Iyengar, Vini, and Tri Yoga and received her Ashtanga instructor certification from David Swenson. Kat brings a dynamic combination of power and fluidity to her teaching style, integrating breath and postures into a meditative flow. Originally from Colorado, Kat is an FEI level dressage rider, a graduate of the Pony Club and former hunter/jumper and event rider.

General Information: Refrain from eating anything substantial during the hour prior to class • Wear comfortable clothing (shorts, tights, sweats, etc.) • You may wish to dress in layers to keep muscles warm • This class is open to non-riders too! **Important: Bring a yoga mat, a yoga strap (or long scarf or belt or reins), and two blankets (preferably wool or polar fleece, and yes, you may substitute CLEAN wool or polarfleece coolers!) to class.** These items may be ordered through the instructor. For more info or to reserve a space call 831-345-9897 or visit www.IntegrativeArts.com

Registration Form • Ashtanga Flow Yoga for Riders • Spring Session 2006 • 8-week Session \$80
(Make checks payable to Kat Trueblood and mail to P.O. Box 426, Santa Cruz, CA 95061)

Name: _____ e-mail: _____

Address: _____ Telephone: _____