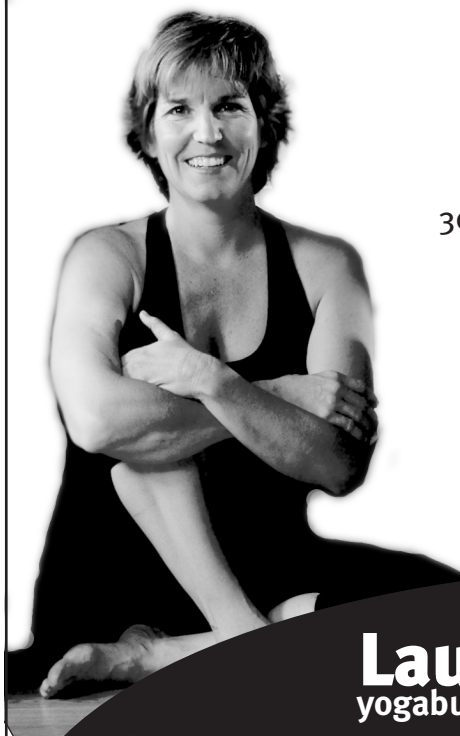


RELEASE INTO PEACE

A Yoga Class for Deep Relaxation

with Laurie Broderick-Burr

Fridays
September 26, October 17, November 21
5:30 - 7:30
Om Room
\$15 class fee



OmRoom
300 Natural Bridges Drive
Santa Cruz
429-YOGA

For more information:
www.yogaburr.com
yogaburr@aol.com
423-1114



Join Laurie Broderick-Burr for an evening of restorative yoga - the "Happy Hour" you really need at the end of a long week! After a short active practice, we will ease into a restorative practice using propped and supported asana, guided meditation, breath work, and a long deeply restful savasana.

Laurie Broderick-Burr began practicing and teaching yoga in the early 1980's. She has a degree in Dance, a Community College teaching credential, and has been a Massage Therapist for 20 years. Laurie has studied extensively with such yoga luminaries as Judith Lasater, Kofi Busia, and Aadil Palkhivala. Her life is full with the joys of mothering, marriage, yoga, dogs, and a new home and garden in the Happy Valley area.

Laurie Broderick-Burr
yogaburr@aol.com www.yogaburr.com

Registration Form

Name _____

E-mail address _____

Phone Number _____

Amount Enclosed _____

Please send to:
Laurie Broderick-Burr
380 Old Up Yonder Road
Santa Cruz, CA 95065

Sept. 26

Oct. 17

Nov. 21

no same day refunds for canceled or missed classes

