

Ashtanga Flow Yoga

In this deeply meditative and fluid practice, 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, awakening a dynamic internal dance and a deep sense of vibrant stillness.

Fall Session • September 13 – November 15, 2006

Monday evening (at the studio)

(classes begin September 18, 2006)

5:00 – 6:15 p.m. Private/Semi-private sessions (by appt.)

9-Week Fall Sessions – \$90 per session

6:30 – 8:00 p.m. Level I/II (Session A)

Wednesday evening (at Plantronics*)

(class begins September 13, 2006)

9-Week Fall Session – \$90

5:30 – 6:45 p.m. Level I/II (Session B)

(*no class on November 1; please call for registration info and directions)

Drop-ins (may be used anytime during session)

10 classes – \$110

4 classes – \$45

Single class – \$12

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 • Priority will be given to registered students; drop-ins welcome on a space available basis • **Important: Bring a yoga mat, a yoga strap (or long scarf or belt), and two blankets (preferably wool) to class.** (These items may be ordered through the instructor at discounted prices. Please call with any questions regarding equipment.)

• **For more info call 831-345-9897 or visit www.IntegrativeArts.com** •

Registration Form • Ashtanga Flow Yoga • Fall Session 2006

(Make checks payable to Kat Trueblood and mail to P.O. Box 426, Santa Cruz, CA 95061)

Name: _____ e-mail: _____

Address: _____ Telephone: _____

I am registering for:

Monday evening, Sept 18 – Nov 13 • 9-week Session \$90
_____ Level I/II 6:30 – 8:00 p.m (Session A- at the studio)

Wed. evening, Sept 13 – Nov 15 • 9-week Session \$90
_____ Level I/II 5:30 – 6:45 p.m
(Session B- at Plantronics)

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.**



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 also an accomplished dressage rider.