

Parkridge Plaza Building, 8950 Route 108,  
Suite 109, Columbia, MD 21045



410.720.4340  
www.columbiayoga.com

## Taking Your Practice To The Next Level

# The Fun of Arm Balancing!

### with Cheryl Catranbone

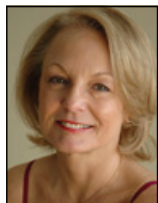
Saturday, March 31, 2012 11:00am - 1:00pm \$35

Join Cheryl and other fabulous yogi's as we explore the joy of Arm Balancing! This playful workshop will bring out the kid in all of us as we safely explore the play of challenging poses that are easier than they look.

You'll see, it's not what you think! We'll break the poses down so each of us can experience all the parts that allow us to truly shine!

Come with an open mind and our hearts will do the rest. Please be prepared to laugh and have fun!

Pre-registration is suggested!



Cheryl Catranbone, E-RYT 500 and Certified Anusara Yoga® Teacher, has been studying and practicing yoga in earnest since 1993. A certified yoga teacher since 1996, Cheryl found her way into the family of Anusara Yoga in 2000. Cheryl continues to evolve in her practice and teaching by spending as much time as possible with her primary teacher, John Friend. With a deep focus on the Therapeutic aspects of yoga Cheryl is deeply rooted in the benefits of the Universal Principles of Alignment of Anusara Yoga. Cheryl is also a student of Zen Master Thich Nhat Hanh and Dr. Douglas Brooks. Cheryl shares her deep love and passion for yoga with genuine warmth, humor and joyful expression.

### (Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card information to 410.772.9591

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone # : (Days) \_\_\_\_\_ (Nights) \_\_\_\_\_

E- Mail: \_\_\_\_\_

Please sign me up for the following workshop:

**Arm Balancing Workshop with Cheryl Catranbone, Saturday, March 31, 11am - 1pm Cost \$35**

Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Signature: \_\_\_\_\_