

Beginners Yoga Mini-Session with Regina Armenta

6-week basic beginner mini - session at The Yoga Center of Columbia

Wednesdays February 22 - March 28, 2012 1:30pm - 3:00pm **\$96**
Saturdays February 25 - March 31, 2012 2:00pm - 3:30pm **\$96**

Please join Regina Armenta in a mini 6-week basic beginner series.



In this mini series you will be gently guided through the basics of how to create your own yoga practice on and off the mat, preparing you to start in the next full session.

This series was created to hold a space for the beginner student that may have missed the first few weeks of our current 9 week session.



After receiving a BA in Physical Therapy from The Ohio State University, Regina began studying Yoga. She completed a 200hr teacher training in Vinyasa flow, a 9 month Anusara Immersion and a 200 hr teacher training in Anusara Yoga. She has studied and apprenticed with many Anusara Certified teachers including; Suzie Hurley, Moses Brown, Kathy Donnelly, Kate Miller, Vivian Campagna, Maria Hamburger, as well as studying with philosopher Douglas Brooks and Olga Rasmussen. Regina blends her knowledge of anatomy, kinesiology and the five Universal Principles of Alignment with her gentle philosophy of self exploration. With her beautiful array of knowledge she creates a safe environment for her students to learn and explore the basics of a Yoga practice. Regina has worked with seniors, teens and beginners and has had the privilege of witnessing transformations of, not only strength, flexibility and balance but most of all, the improvements in the quality of life, of her students.

(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 info. 410.772.9591. Register at www.columbiayoga.com

Name: _____

Address: _____ City _____ State _____ Zip _____

Please check: Check here if this is a new address

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

Please sign me up for the following **Beginners Yoga with Regina Armenta, 6-week mini-session:**

Wednesdays, Feb. 22 - March 28, 1:30pm - 3pm \$96 Saturdays, Feb. 25 - March 31, 2pm - 3:30pm \$96

Payment Type: Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____