

Starting a Home Practice with Kathy Donnelly

Saturday, March 10, 2012 10:30am - 12:30pm Cost \$30

“I walk the Earth in a different way on the days I practice Yoga” ~Kathy Donnelly

Starting a Home Practice:
Attend this workshop to
cultivate a daily yoga practice

“Practicing yoga does not
eliminate life’s challenges, and
neither does it provide us with
a convenient escape from life’s
distractions. Instead, Yoga gives us
the skills to meet life head-on
with dignity and poise” ~Donna Farhi

We know how much better we
feel on the days we practice yoga.



In this workshop we will explore
the components of developing
home practice and some
strategies to make it work.
Questions like: When to practice?,
What to practice? and For
how long? will be addressed.

You will go home with some
Yoga sequences for different
times of the day and
days of the week. This
workshop will also include
a basic yoga practice.



Kathy Donnelly, RYT500, is the Director and Owner of the Yoga Center of Columbia and has been teaching since 1999. Kathy is a Certified Anusara Teacher having studied extensively with John Friend and Suzie Hurley and completing 500 hours of study at WSYC. Kathy's teaching style is welcoming, nurturing and encourages transformation from the inside out.

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.

How would you like our quarterly newsletter sent? U.S. Postal Service E-mail _____

Telephone # : (Nights) _____ (Days) _____

Please sign me up for **Starting a Home Practice - Workshop with Kathy Donnelly:**

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Payment Type: Cash Check Visa MasterCard American Express Discover

Please Complete For Credit Card Mail-In and Fax Registrations Only:

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