



**JOURNEY TO THE HEART:
A ONE DAY WORKSHOP WITH
WITH
DIANE ROBERTS, KAT GREEN & CAMILLA SINCLAIR
Saturday, October 22nd**

9:30 a.m. - 12:30 pm:

Therapeutic Practice for Low back, Hips & Sacrum with Diane Roberts. We'll re-align, strengthen and stretch to create a stronger, more centered and vibrant spine.

1:30-3:30 pm:

Restorative Practice with Camilla Sinclair. We'll use simple, supported yoga postures to slow down, nurture our bodies, soothe our senses and relax our minds.

4:00-5:30 pm:

Yoga Dance with Kat Green. Explore the many layers of "Self" through simple guided movement, world music, spontaneity, and fun!

JOIN US!

140 Lomas Santa Fe Drive, Suite 100/101
Solana Beach, CA 92075
www.foundationyoga.com 858.350.3431

Registration Form

Name _____ Phone Number _____

Address _____ Email address _____

Please register me for:

_____ Full Day: (\$95) _____ Morning Only (\$45). _____ Full Afternoon (\$55) _____ Single Afternoon Session (\$30)

I am enclosing my check for \$ _____ OR Please Charge my Visa/Mastercard in the amount of _____

My credit card number is: _____ expiration date _____