



Astoria Intensive

with Todd Jackson

May 14th - 16th

Friday 7-9pm | Saturday 9am-12pm and 2-4pm | Sunday 9am-12pm

\$200

Join us in Astoria, Oregon for 10 hours of yoga in May. We will meet at Ute Swerdloff's beautiful "Yoga Namaste" studio (342 10th Street, Astoria, Oregon) to continue our exploration of the felt sense and inner body during asana practice. Students will have at least 1 year's consistent yoga class attendance and be familiar with headstand and shoulderstand. Workshop price is for tuition only. Students will make their own reservations for accommodations in Astoria.



Todd Jackson brings to class his bodywork training and experience in assisting others to feel greater ease, comfort and joy in their bodies. A graduate of the Advanced Studies Program at the Yoga Room in Berkeley, Todd's ability to see and understand bodies has earned him a reputation as a teacher who can adeptly guide students out of their trouble spots and into a healthier, more integrated experience of themselves. Teaching since 1997, Todd presents vigorous classes of thoughtfully sequenced poses with detailed alignment cues.

Registration for Astoria Intensive

Name _____
Address _____
City _____ Zip _____
E-mail _____
Day phone (____) _____
Evening phone (____) _____

To register, make your check payable to "Yoga Namaste" in the full amount and send it along with this registration form to: Yoga Namaste, 1167 Grand Ave., Astoria, OR 97103.

Cancelation policy: a refund minus \$25 will be given if we can fill your space with someone on the standby-list.