

# Yellow Springs Yoga Is Pleased To Present...



Erich Schiffmann  
“The Essentials of  
Freedom Style Yoga”  
Yellow Springs, Ohio  
September 7-9, 2012

Please join us for an uplifting, energizing and fun weekend of Freedom Style Yoga with Erich Schiffmann. Erich will share with us his approach to Freedom Style Yoga through discussion, meditation, asana and relaxation. This workshop is suitable for students of all levels.

Erich has been named one of the most innovative yoga teachers in the country by *Yoga Journal*, and is author of *Yoga: The Spirit and Practice of Moving Into Stillness*, numerous DVDs, CDs and digital downloads, all available on his website: [www.freedomstyleyoga.com](http://www.freedomstyleyoga.com). Erich's style of teaching is unique and clear, full of humor, freedom and spirit. He has been passionately involved in the practice for over 40 years.

**TIMES:** Friday: 6:30 p.m. –8:30 p.m.

Saturday: 10:00 a.m.–1:00 p.m.

3:00 p.m.–5:00 p.m.

Sunday: 10:00 a.m. – 1:00 p.m.

**LOCATION:** Bryan Community Center Gym, 100 Dayton Street, Yellow Springs Ohio 45387

**COST:** \$295 for weekend. A \$100 deposit is required to hold your space (\$50 of the deposit is non-refundable and non-transferable). Balance is due August 7.

**REFUNDS:** Tuition will be refunded less the \$50 non-refundable portion of the deposit, if a request is received in writing before August 7. No refunds after August 7 unless someone can take your place.

**INFO:** 937.767.7727; [patricia@brainfingers.com](mailto:patricia@brainfingers.com); [www.yellowspringsyoga.com](http://www.yellowspringsyoga.com)

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

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Please make payment for Erich Schiffmann's Workshop payable to:  
Patricia Schneider, and mail to: 1350 President Street, Yellow Springs, OH 45387**