

WE ARE ONE: Yoga Community

announces

"Bhuuti Camp"



Hatha Yoga Intensive

Monday, Wednesday and Friday Mornings

June 9 - July 5

In Sanskrit, *Bhuuti* translates to "well-being" and "strength". Unlike a traditional fitness "boot camp," there will be no sergeants commanding you to drop and give 20 push-ups. Instead, you will have three dedicated, experienced teachers guiding you through a powerful series of yoga asanas designed to strengthen and improve muscle, organ and endocrine health. Through this process, you will develop a commitment to a regular yoga practice and build a healthier relationship between Self and body. The asanas will be tailored to meet you where you are in terms of your yoga background and fitness level, and take you to new heights as the class progresses. Some yoga experience is recommended.

Commit to your Self and your yoga; join us for this invigorating, inspiring morning practice. You'll experience the benefits all day, and into the future. You can sign up for one, two, or three classes a week. To register, just complete the form below and bring or mail it with payment to:

WE ARE ONE: yoga community, 257 Market St. West, Gaithersburg, MD 20878.

The fees listed below are for this 4-week offering only. This specialty class is not a part of any of our regular memberships. At least 50% of your fee payment will go directly to We Are One: yoga community to help us forward our mission.

Mondays 6:15 - 7:15 am led by Shannon Mayhew
Wednesdays 8:00 - 9:00 am led by Dee Gold
Fridays 8:00 - 9:00 am led by Colm Lister
1 class/week: \$68 (\$17 class x 4 classes)
2 classes/week: \$104 (\$13 class x 8 classes)
3 classes/week: \$132 (\$11 class x 12 classes)

NAME _____ DATE OF BIRTH _____
ADDRESS _____
PHONE(S) _____ EMAIL _____
Name(s) of class(es) Bhuuti Camp
Day(s)/Time(s) Mon 6:15 - 7:15 Weds 8:00 - 9:00 am Fri 8:00 - 9:00 am
Amount enclosed \$68.00 \$104.00 \$132.00

WE ARE ONE: Yoga Community
257 Market St. West ~ Kentlands/Lakelands ~ Gaithersburg, MD 20878

www.weareoneyoga.org ~ 301-987-0884



Photos compliments of Aphrodite Photography. Copyright 2009 Jim Guzel