



4001 North 9th Street, Suite 105, Arlington, VA 22203 301-656-8992 www.unitywoods.com
 Yoga in the Iyengar Tradition since 1979

The Journey from the Body Towards Inner Wisdom
with Lori L. Ritland

Arlington Studio

Thanksgiving Weekend

Workshop Series

Friday, Nov 23—Sunday, Nov 25



Friday, November 23	11:00 am – 1:00 pm	Level I/II	\$40
Friday, November 23	6:00 pm – 7:30 pm	Restoratives, Level I/II and up	\$30
Saturday, November 24	8:45 am – 10:45 am	Level II/III	\$40
Saturday, November 24	11:00 am – 1:00 pm	Level II	\$40
Sunday, November 25	9:00 am—10:30 am	Level I	\$30
Sunday, November 25	10:45 am – 12:15 pm	Level I/II and up	\$30
Sunday, November 25	12:30 pm – 1:30 pm	Pranayama I (Prereq Pranayama I)	\$25

The Koshas are sheaths or layers which we align and integrate through devoted practice. From the physical body to the organic and emotional body, we can then guide ourselves deeper to the mental, intellectual and blissful body where we can begin to touch the core of wisdom within ourselves.

Register online at unitywoods.com or mail to: Unity Woods Yoga Center, 4853 Cordell Ave., Suite PH9, Bethesda, MD 20814

Name _____		Nov 23 Level I/II \$40__		Nov 25 Level I \$30__	
Address _____		Nov 23 Level I/II \$30__		Nov 25 Level I/II \$30__	
City _____	State _____	Zip _____	Nov 24 Level II/III \$40__		Nov 25 Prana \$25__
Phone _____		Nov 24 Level II \$40__		Total: _____	
Method of Payment:		<input type="checkbox"/> Check # _____	<input type="checkbox"/> Cash	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard
Credit Card # _____		Exp. date _____		Security Code _____	
Billing Address (if different from address above) _____					