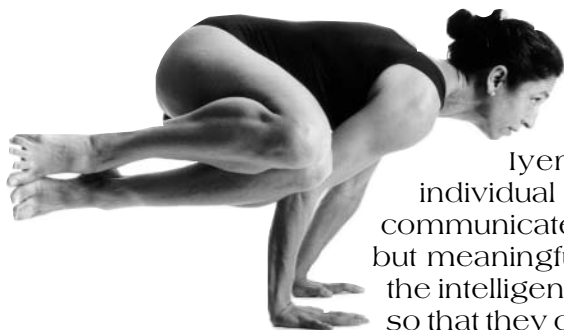


Iyengar Yoga Workshops with Gabriella Giubilaro

March 18—21, 2010
Lakewood & Denver, CO



Gabriella is known for her dynamic teaching of Iyengar yoga, her good humor, her attention to individual needs, and the clarity of her presentation. She communicates the essence of yoga postures through simple, but meaningful explanations that help her students discover the intelligence of their own bodies, challenging the students so that they can experience their maximum potential.

After receiving her doctorate in physics at the the University of Florence, Italy, Gabriella decided to dedicate her life to yoga in the tradition of B.K.S. Iyengar. She has been studying with the Iyengars yearly since 1983, teaches internationally, and holds an Advanced certificate in this method.

These workshops will
be held at two locations:

at Blue Spruce Yoga, Lakewood

Thursday, March 18

5:30 — 8:00 pm, All Levels, \$45

Friday, March 19

9:30 — Noon, All Levels, \$45

Both Lakewood sessions \$80
(if paid by March 11, 2010)



Blue Spruce Yoga
held at Lakewood United
Church of Christ, corner of
1st Ave. and Carr St. (between
Wadsworth and Kipling)

at Iyengar Yoga Center of Denver

Friday, March 19

6:00 — 8:00 pm, \$35

Saturday, March 20

9:00 am — 11:30 pm, \$45

2:30 — 5:00 pm, \$45

Sunday, March 21

9:00 am — noon, \$50

All Denver sessions \$160
(if paid by March 12, 2010)



770 S. Broadway, Denver, CO

*Attend the Lakewood and Denver workshops,
but please pay separately. These workshops will
fill quickly, so register and pay early. Priority
given to those who sign up for all sessions.*



To register for Lakewood sessions, send check payable to:

Leslie Bradley, 125 Estes St., Lakewood, CO. 80226

To register for Denver sessions, send check payable to:

IYCD, 770 S. Broadway, Denver, CO 80209

For more information:

call Leslie at (303) 237-4776 or IYCD at (720)570-9642

or visit www.bluespruceyoga.com or www.iyengaryogacenter.com