



Winter Solstice Yoga

with Ada Lusardi

Monday, December 21

6:30-9:30pm - \$45 (no drop-ins)

JOIN me in quiet celebration of the season and spend a relaxing evening caring for body and spirit. Our time together will include lingering openers and gentle postures inviting deep opening, relaxation and rejuvenation. We'll conclude our practice with restoratives, relaxation and meditation by candlelight. All levels welcome. Space limited.



Ada Lusardi's practice of yoga and meditation began in 1993 as an organic progression from her work as a professional dancer and Pilates instructor, and a path to healing career-related injuries. A full-time yoga teacher since 2000, she is a graduate of the Advanced Studies Program at the Yoga Room in Berkeley and deeply grateful for the guidance provided her by her teachers; Donald Moyer, Mary Lou Weprin, Patricia Sullivan and Judith Hanson Lasater among others. She guides students of all levels and life stages through a challenging yet accessible practice in which body and breath are explored incrementally to facilitate deepening awareness, openness, strengthening and healing. Ada's teaching is inspired by the dedication of her students and her passion for movement and the study of human anatomy. She leads classes and retreats throughout California's Bay Area and more recently in Portland, Oregon.

| 503.341.7711 | ada@adayoga.com | www.adayoga.com

Registration for Winter Solstice Yoga with Ada

Name _____

Address _____

City _____ Zip _____

E-mail _____

Day phone (____) _____

Evening phone (____) _____

To register, make your check payable to "Ada Lusardi" in the full amount. Mail to:

Portland Yoga Arts
Attn: Ada Lusardi
4400 NE Glisan
Portland, OR 97213

Refund policy: A refund minus \$25 will be given if you withdraw before November 21. After this date, a refund minus \$25 will be given only if a replacement can be found for your space.