



Yoga and the Body Ball

with Barbara Fergusson

Saturday, May 3rd

11:30am - 1:00pm

\$30

The warm-up is an important part of any yoga practice. We will use the body ball to prepare our bodies for the yoga poses and to develop core strength.

You do not need to have your own Body Ball for this class, as the studio has plenty. If you prefer to bring your own, then please do.



Barbara Fergusson supports and empowers her students with her relaxed, knowledgeable leadership in the classroom. Her teaching approach honors the individuality of each student, and endows them with the ability to recognize good alignment and find a correct sense of ease within each pose. Her goal is to teach students to tune into their own individual reaction to each pose, and see their practice as a series of lessons that can be applied both on the mat and in the world. A master teacher who has inspired several of her students to become teachers, Barbara began teaching yoga in 1980. She and fellow Yoga Room graduate Todd Jackson opened Portland Yoga Arts in 2002. Contact Barbara with questions at 503-287-1078

Registration

Name _____
Address _____
City _____ Zip _____
E-mail _____
Day phone (____) _____
Evening phone (____) _____

Make your check payable to Barbara Fergusson and send it along with this registration form to:
Portland Yoga Arts
Attn: Barbara Fergusson
4400 NE Glisan
Portland, OR 97213

Cancellation policy: a refund minus \$25 will be given if you notify us 72 hours before the start of the event.