

Power Yoga

Open to the public

At Beautiful La Casa del Zorro Yoga Studio

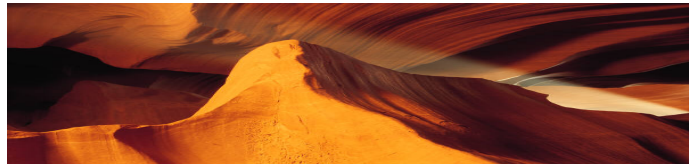
Brought to you by Club La Casa

and



Rushing to Yoga Foundation

Inquiry. Compassion. Peaceful Community.



Limited 2015 Engagement in
Borrego
See specific dates listed below:

Instructed by Dr. Marilee Bresciani Ludvik

Dr. Bresciani Ludvik has been trained by Dr. Jon Kabat-Zinn (as seen on 60 Minutes) and the Baron Baptiste Power Yoga Institute.

She is a certified Search Inside Yourself Leadership Institute (SIYLI) instructor (as taught at Google) and a Chopra Center for Well-Being meditation instructor.

Dr. Bresciani Ludvik is the leading author of 9 books including the upcoming Neuroscience of Learning and Development!

- * **Fridays from 4:30 – 5:30 p.m. – pure power and flow yoga to train your brain and body**
- * **Saturdays from 10:30 – 11:30 a.m. – mindfulness-based yoga**
- * **Cash Pricing Structure:**
 - * **\$12.00/class for Club La Casa del Zorro members**
 - * **\$15.00/class for Rams Hill Country Club Residents**
 - * **\$18.00/general public**

January 16 - 17
Free to all on these two dates!

January 30-31
February 6-7
February 13-14

March 13-14
March 27-28
April 3-4
April 10-11
April 17-18
May 1-2