



# Ventura Yoga Studio

www.venturayoga.com

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110 N. Olive St. Suite P - Ventura, CA 93001 - (805) 643-5979

## Yoga Philosophy Level 2

### Uniting the Old with the New

This course is for students who have taken our Level One course and who would like a deeper understanding of how to apply the sutras to their practice and life. We will compare the yoga sutras with the latest work by Eckhart Tolle: A New Earth. We will work on deepening our meditation practice and examine the obstacles that get in our way. We will build community with other like minded yoga practitioners and lay the foundation for spiritual progress.

### Instructor: Bryan Legere

First Class **Sunday September 20** 7:00 - 9:00 pm

**Class Dates** - October 4, 25, November. 1, 15, 22 December 13

**Cost** \$140.00 before 8/31/09  
\$150.00 After

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Yoga Philosophy Level 2

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

Send your preregistration to:  
**Ventura Yoga Studio**  
P.O. Box 2802 - Ventura - 93002