



Upcoming Guest Teachers for 2016

Body Balance School of Yoga Therapy
 Location: Ridgely Retreat
 203 Ridgely Ave
 Annapolis, MD 21401
 (301) 717-9729 www.bodybalanceyoga.com

Enjoy an Infusion of Ayurveda, Sound Movement and Physiotherapy, Chair Yoga, Special Conditions, Breathing, Yoga Nidra, Sound Therapy and Prenatal Yoga as only Jenny can and present.



combine

Jenny Otto, RYT500, founder of Body Balance Yoga, is nationally known for her in-depth understanding of anatomy and therapeutics investigating the domains of functional rehabilitation, biomechanics and the nervous system. As an innovative and dedicated Yoga Teacher, a celebrated Yoga Therapist and Teacher Trainer, Jenny has been teaching and developing wellness/exercise programs in the greater Annapolis, Maryland area and nationally since 1980. Jenny travels both nationally and internationally teaching workshops, yoga therapy and teacher trainings. She brings both warmth and humor to teaching, as well as detailed knowledge in working with injuries and special conditions. Learn more about Jenny at www.bodybalanceyoga.com.

Ayurveda Lorna Nafziger, Saturday, April 3, 10:00 – 3:00 -- \$75.00	Yes	No
Chair Yoga and Special Conditions – Linda Howard, Saturday, May 7, 2:00 – 5:00 -- \$75.00	Yes	No
Anatomy of Breathing – Janelle Jones, Saturday, August 27, 9:00 – 11:00, \$40.00	Yes	No
Sound, Movement and Psychotherapy – Judy Lazarus, Saturday September 24-25, 10:00-noon both days \$45.00	Yes	No
Neurology of Yoga Nidra – Gina Sager – Saturday, September 24 – 3:00 – 6:00 pm – \$75.00	Yes	No
Yoga for 12 Steps Rixie Dennison – Sunday, October 23 – 10:00 – noon -- \$40.00	Yes	No
Prenatal Yoga – Natalie Miller – Sunday October 23 - 1:30 – 3:30 – \$40.00	Yes	No
"Bhagavad Gita & Its Relevance Today" — Olga Rodriguez Rasmussen - Saturday November 5 – 1:00 – 4:00 -- \$45.00	Yes	No

CANCELLATION POLICY: Full refund 2 weeks prior to workshop date. No refunds are available for no-shows.

Name: _____
 Address: _____
 City / State / Zip: _____
 Day Phone: _____ Evening Phone: _____
 Email: _____

Please mark which workshops you would like to attend, enclose a check payable to Body Balance Yoga and mail to the above address.