

# Kathryn Budig

Weekend Yoga Workshop

December 17 - 19, 2010



An arm balances, core power and inversions workshop.

**Kathryn Budig** is a Los Angeles yoga teacher and writer. Kathryn's upbeat, fun and challenging workshop will make you sweat, smile and get stronger! Her goal as a yogi and instructor is teaching creative sequences that make arm balances and inversions accessible to everyone in the room. Kathryn teaches a playful approach to the practice and wants every student who attends this workshop to learn the importance and ease of laughter. Cost: \$120 all sessions/\$45 individual

SAVANNAH YOGA CENTER

savannahyoga.com • 1319 Bull St. • 912.232.2994

Register: [www.savannahyoga.com](http://www.savannahyoga.com)