

The "Freedom" Intensive

A Broad-Spectrum Intermediate to Advanced Workshop
with Peter Barnett & Diane Hudock

Sunday,
September 11th
12:30p – 3:30p

Black Dog Yoga
Sherman Oaks

where you will experience *The Magic of Adjustments*

A Deep Connection to your Power Source

The Joy of More Challenging Asanas

In this fun and encouraging workshop, we will discover new ways of opening to our hidden potential, as well as rekindle the love of the more familiar poses, with a focus on a deeper practice. Through hands-on adjustments, we will learn how to melt the fear out of more challenging poses and go further than we thought possible. We will explore new ways of creating freedom in the body through asana, dynamic series, and a more open mind.

Prerequisite: The ability to do *adho mukha vrksasana* (handstand) unassisted at the wall and *urdhva dhanurasana* (upward facing bow) with straight arms.

\$30 per person

Bring a friend – only \$50 for two!

You must pre-register with payment in order to secure a place in this workshop. Major credit cards accepted. Payment is non-refundable after September 4th.

Call 818.380.0331



an eclectic mix of hatha yoga™

Black Dog Yoga is located at the north-east corner of the intersection of Moorpark Street and Van Nuys Boulevard, in Sherman Oaks. Detailed directions can be found at www.blackdogyoga.com. Abundant long-term and free parking.

Peter Barnett was born and raised in Cape Town, South Africa where he enjoyed a reckless youth and a talent for percussion instruments. Discovering yoga in 1996, he studied and practiced regularly with Bryan Kest, Shiva Rea, Seane Corn, Rian Shumacher, Max Strom and Steven Earth, and credits these teachers among his strongest early influences. He earned his first teacher certification in Power Yoga, and followed that up with two additional teacher-training programs in Anusara Yoga. Peter remains very committed to his own growth and education, constantly reading, practicing and learning, and bringing this enthusiasm and new ideas to his classes.

Diane Hudock's teaching style brings together the precision of Iyengar and the power of Ashtanga within a spontaneous, flowing Vinyasa practice. She has developed her own unique philosophy for the multi-dimensional beings that we are: do a consciously challenging practice that brings you out of your comfort zone, in order to remove fear, expand the mind, and create the greatest freedom in the physical body. Diane has been leading workshops and classes for eight years incorporating her knowledge and wisdom in energetic medicine, body work, and female empowerment. She has been a contributing writer to various yoga publications on such subjects as unleashing creativity through yoga, using the tools of yoga to break through fear and create the life you want, and ultimate transformation.