



Western Yogi Pioneer
Beryl Bender Birch
At Thrive Yoga
September 19th, 20th & 21st

Beryl Bender Birch returns to **Thrive Yoga Rockville** for a yoga workshop filled with perspiration, inspiration, motivation, and celebration!

If you want to get in on the joy of living, the life of giving, and generate some light for those you love, then this is the workshop for you – A weekend of classical asana, pranayama, laughter and meditation.

Beryl's gifts of knowledge, humor, and down to earth approach in teaching yoga - will leave you feeling inspired.

Beryl has been teaching yoga since 1974, is a nationally renowned author, teacher, and spiritual revolutionary. She was the only teacher of the Ashtanga yoga system east of the Mississippi for the entire decade of the 80's and is one of the original pioneers of yoga and yoga for athletes in the West.

You've probably read her top selling yoga books, Power Yoga and Beyond Power Yoga, now meet the person who transformed an amazing ancient yoga method into a therapeutic, high energy, high heat practice for folks like us - Western minded, busy, tight normal folks - who live normal overworked lives w/ normal daily stresses.



Classical Yoga Workshop

Schedule of Classes ~ September 19th - 21st

Friday	6:30 - 8:30pm
Saturday	11:00am - 1:30pm
Saturday	3:00 - 5:00pm
Sunday	9:00 - 11:30am

Register by September 5th: \$195

After September 5th: \$230

Individual Sessions: \$55

Call [301-294-9642](tel:301-294-9642) or www.thriveyoga.com