



## Five Morning Intensive Master Classes: Cervical Spine & Building a Safe, Stable Inversion Practice with Hart Lazer

April 13 - 17, 2009

6am - 9am

Temple Studios, Guelph

Cost: Before March 20 - \$225.75

After March 20 - \$288.75

Individual sessions - \$52.50

10% discount for people fully registered  
in the teacher training program

## Three Day Intensive: Deep silence, Backbends & Inversions with Hart Lazer

May 4-6, 2009

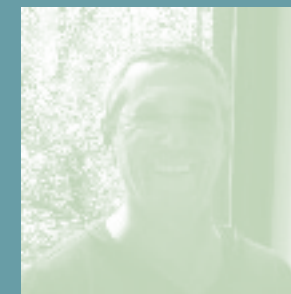
6am - 9am

Temple Studios, Guelph

Cost: Full three day session - \$126

Individual sessions - \$47.25

**Hart Lazer** has been teaching yoga for over 20 years. He received his in-depth training from Iyengar yoga teacher Ramanand Patel, and now integrates Iyengar yoga alignment into his personal Ashtanga practice. Since co-founding the Yoga Center Winnipeg in 1986, Hart has taught workshops and trained teachers internationally in both methods. Workshop Participants are delighted by his humour, inspired by his depth of knowledge and challenged by his asana presentation.



## Three Evening Intensive: Deep Silence & Backbends with Hart Lazer

April 14 - 16, 2009

5.30pm - 7.30pm

Queen Street Yoga, Kitchener

Cost: Full three day session - \$126

Individual sessions - \$47.25

*for information & registration  
please call 519.826.0620  
or email [info@kristinhoneyYoga.com](mailto:info@kristinhoneyYoga.com)*

kristin honey *Yoga*