

First Fridays Yoga with Laurel

An inspirational and challenging yoga class for experienced students and yoga teachers. 3.0 Yoga Alliance Credits per class.

Meets 9 Fridays in 2010 • 9am - 12noon

2/5, 3/5, 4/2, 5/7, 6/4, ~~8/6~~, 8/13, ~~10/4~~, 10/8, 11/5, 12/3

Cost

\$45 for one class; \$350 for all 9

Registration deadline Jan 15

Classes will be held in central Columbus.

Location information will be provided upon registration.

Classes will include asana, pranayama, chanting, and philosophy.

Register Now:

Call 614-256-3647 or click laurel@laurelhodory.com

Laurel Hodory, MS, E-RYT500, is one of Columbus' senior yoga teachers and has been studying and teaching yoga for 15 years. Over the last nine years, she has trained and certified more than 100 teachers, taught international retreats, taught the OSU NCAA Women's Rowing team, and been a selected guest speaker at the OSU Addictions Conference. Her areas of specialization include yoga therapeutics, inner energy work and empowering her students to transcend their limitations so they can experience greater fulfillment on and off the mat. When she's not on the mat, Laurel enjoys music, being outdoors, good food, and spending time family and friends.



- **test your limits**
- **explore your depths**
- **free your spirit**

First Fridays Yoga with Laurel

An inspirational and challenging yoga class for experienced students and yoga teachers. 3.0 Yoga Alliance Credits per class.

Meets 9 Fridays in 2010 • 9am - 12noon

2/5, 3/5, 4/2, 5/7, 6/4, ~~8/6~~, 8/13, ~~10/4~~, 10/8, 11/5, 12/3

Cost

\$45 for one class; \$350 for all 9

Registration deadline Jan 15

Classes will be held in central Columbus.

Location information will be provided upon registration.

Classes will include asana, pranayama, chanting, and philosophy.

Register Now:

Call 614-256-3647 or click laurel@laurelhodory.com

Laurel Hodory, MS, E-RYT500, is one of Columbus' senior yoga teachers and has been studying and teaching yoga for 15 years. Over the last nine years, she has trained and certified more than 100 teachers, taught international retreats, taught the OSU NCAA Women's Rowing team, and been a selected guest speaker at the OSU Addictions Conference. Her areas of specialization include yoga therapeutics, inner energy work and empowering her students to transcend their limitations so they can experience greater fulfillment on and off the mat. When she's not on the mat, Laurel enjoys music, being outdoors, good food, and spending time with her family and friends.



- **test your limits**
- **explore your depths**
- **free your spirit**