

The Yoga Experience: Unveiling Your True Potential

A 3 Month Online Yoga Immersion
for Students of All Levels
with Laurel Hodory, MS, E-RYT 500

April 1, 2011 - June 30, 2011

Conveniently meets in your home via computer and phone!

\$495 (pay in full) or \$148 for 4 months



Register Now!
www.laurelhodory.com/shop
or call 614-256-3647

Participants will:

- Establish a home yoga & meditation practice;
- Learn the foundations of yoga philosophy and yoga lifestyle;
- Experience internal transformation;
- Be prepared to enroll in the 200 Hour Yoga Teacher Training with Laurel Hodory.*
- and more!

**This course fulfills a pre-requisite for enrolling in the 200 Yoga Teacher Training with Laurel. More info at www.laurelhodory.com.*

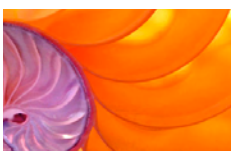
Includes:

- ✓ One private yoga lesson - in person or via Skype
- ✓ 6-8 hours of monthly virtual asana/meditation classes with Laurel
- ✓ 4 hours of monthly lectures and discussion with Laurel
- ✓ Text book and handouts
- ✓ Reading and self-reflection exercises
- ✓ 15% discount on selected classes/workshops with Laurel for the duration of The Yoga Experience
- ✓ Certificate of Completion
- ✓ and more!

How it Works:

- **Links** to online yoga & meditation classes, lectures, reading and self-reflection exercises will be e-mailed to you on the first Monday of the month.
- **When** you practice, read, meditate and listen to lectures is entirely up to you!
- **Lectures/discussions** are held via teleconference on 2nd & 4th Thursdays 2-:30pm. Live participation is optional-- just listen online at your convenience!

Laurel Hodory, MS, ERYT 500, is one of Columbus' senior yoga teachers and has been studying and teaching yoga for 19 years. Over the last eleven years, she has trained and certified more than 140 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 husband, family and friends.



"If you believe you can, or you can't, you're right."

--Henry Ford