

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 & Teacher Training Faculty

Offered Quarterly in 2013 Starting:

Jan 19, April 20, July 13, Oct 12

Plus 1 Month Accelerated Program for those wishing to meet
Teacher Training Deadlines

\$495 (pay in full) or \$165 per month for 3 months



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

How it Works:

- **Register online** and receive your user name and password to access the online course where you'll find yoga & meditation classes, lectures, reading and self-reflection exercises.
- **Attend** the kickoff meeting and schedule your private lesson.
- **Practice, meditate, read and explore** on your own schedule.
- **Enjoy** the benefits of your home practice---more free time, less travel time to classes and a true sense of accomplishment!

Benefits:

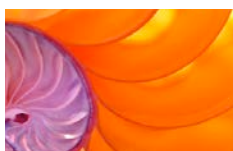
- Establish a home yoga & meditation practice
- Learn the foundations of yoga philosophy and yoga lifestyle
- Identify the five thought patterns that sabotage your resolve
- Live more authentically
- Understand how to advance/modify your practice to meet your individual needs & goals
- Be prepared to enroll in the 200 Hour Yoga Teacher Training with Laurel Hodory.*

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

Includes:

- ▶ Live Kickoff meeting
- ▶ Private Yoga Lesson with Yoga Teacher Training Faculty (\$125 value)
- ▶ Online Yoga Classes
- ▶ Online Meditation Lessons
- ▶ Recorded Philosophy Lectures
- ▶ Text book & Startup Kit
- ▶ Online Forum

Laurel Hodory, MS, ERYT 500, is one of Columbus' senior yoga teachers and has been studying and teaching yoga since 1992. Over the last eleven years, she has trained and certified more than 150 teachers, teaches internationally and has trained the The Ohio State University (OSU) NCAA Women's Rowing team and been selected as Guest Faculty in the Dance Department at OSU. Her greatest joy is empowering others to transcend their limitations so they can experience greater authenticity and fulfillment on the mat and in their lives. 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