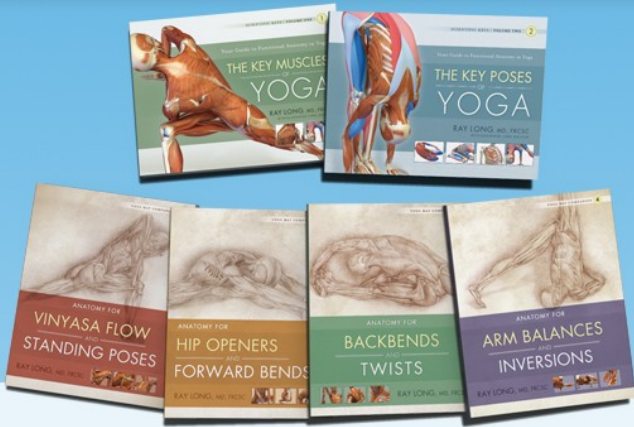


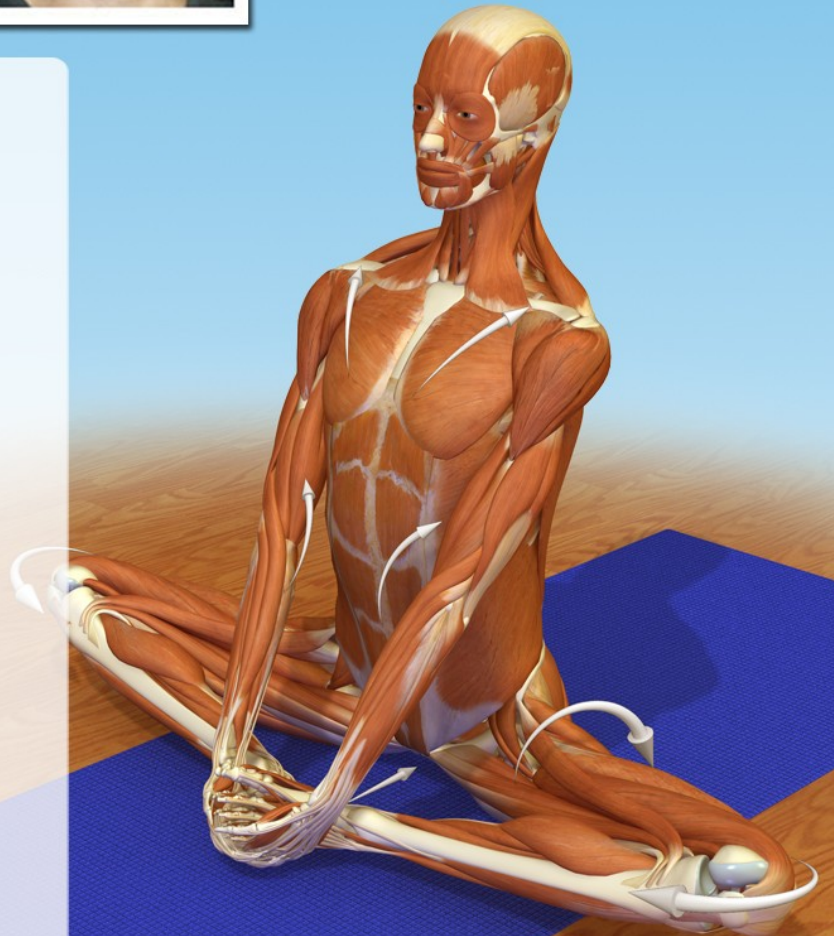
Anatomic Yoga™

A multimedia workshop with author and surgeon Ray Long MD FRCSC
Combining modern western science with the ancient art of Hatha Yoga



BANDHAYOGA

Ray Long MD FRCSC is a board certified orthopedic surgeon and the author of the best selling "Scientific Keys" book series on anatomy and Yoga. Ray has studied hatha yoga for over twenty years, training extensively with B.K.S. Iyengar, and other of the world's leading yoga masters.



Where: Elizabeth Blackwell Center
at Riverside Hospital
3635 Olentangy River Road
Columbus, OH 43214

When: Sunday October 16, 2011

Hours: 9:00AM-12:00PM & 2:00PM-5:00PM

Contact Persons:

Janice George 614-262-6634
Sharon Shultz 937-843-6638
Email: ShivaShakti05@hotmail.com

Cost Information:

Workshop \$190.00 (space is limited, sign up early)

Cancellation Policy:

A refund of the workshop cost (\$190) minus \$50 processing fee will be made if requested before September 1, 2011. No refund after that date unless YOU can fill your space.

Mail Registration Form And Deposit To:

ShivaShakti Synthesis
3408 Indianola Ave
Columbus, OH 43214

Signup Form:

Name: _____

Address: _____

Email: _____

Phone: _____