

PARTNER YOGA

taught by

**LAURIE BRODERICK-BURR &
VICTOR DUBIN**



Om Room
SCHOOL OF YOGA

300 Natural Bridges Drive, Santa Cruz

Sunday, February 13th, 2005

2:00 - 4:30 p.m.

Come join us as we explore traditional and creatively adapted Hatha Yoga postures through the invigorating practice of partner yoga. Partner yoga is a playful and productive method of sharing energy and accessing a deeper individual practice. In this dynamic exchange, partners mutually support one another, allowing each individual to increase flexibility, enhance postural alignment and cultivate deeper surrender. Come alone or bring a friend! Prior yoga experience recommended, but not required.

Laurie Broderick-Burr has her BA in Dance, a college teaching credential, and is a certified massage practitioner. Since 1984, she has taught yoga, dance, and fitness in Santa Cruz and is currently a Cabrillo College faculty member. She is the director and choreographer of Yogamotion, a performance art company that fuses the explosive power and grace of Hatha Yoga with fluid rhythmical dance movements. In the tradition and spirit of B.K.S. Iyengar, Laurie teaches a challenging and energizing form of Hatha Yoga, bringing her extensive knowledge of anatomy and physiology to each class.

Victor Dubin, owns, operates, and teaches at Om Room School of Yoga in Santa Cruz, California. He completed the yoga teachers' training program at the Urban Yoga Center in New York City in February 1996 and has been teaching Hatha Yoga classes of various levels in Santa Cruz since July of that same year. His teaching and practice are influenced by synergies of Iyengar Yoga, Ashtanga Yoga, and traditional Hatha Yoga. Victor has worked with a diverse student population of various ages and abilities. His classes challenge students physically and mentally, provide a safe space for self-exploration and meditation, and emphasize proper alignment, breath work, and broadening awareness. His workshops address specific areas of yoga practice, including, but not limited to, hip opening, shoulder stretching and strengthening, individual practice development, yoga philosophy, yoga for runners, and partner yoga. Victor is a Registered Yoga Teacher with Yoga Alliance and is a member of the California Yoga Teachers Association and the International Association of Yoga Therapists.

Pre Registration \$20 per participant - Same Day \$30 per participant
Space is Limited! Early Registration Strongly Recommended!

For more information contact Victor at (831) 429-YOGA (9642), victor@omroom.com,
or Laurie at yogaburr@aol.com.

Check out Om Room's full schedule of classes online ~ www.omroom.com

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Enclosed is my non-refundable registration fee of \$ _____, made payable to
Om Room School of Yoga for Partner Yoga, 2/13/05.

Name(s): _____ Date: _____

Signature: _____ Phone: _____

Return completed registration forms to: *Om Room, 300 Natural Bridges Dr., Santa Cruz, CA 95060*