

# OUT WITH THE OLD IN WITH THE NEW A NEW YEAR'S DAY YOGA WORKSHOP

with  
**VICTOR DUBIN**



**Om Room**  
SCHOOL OF YOGA  
300 Natural Bridges Drive  
Santa Cruz

**Saturday, January 1, 2005**

**Out With the Old: 11am to 1:00pm**

In this workshop students will have an opportunity to learn and practice various yoga postures, breathing exercises, and meditations designed to encourage letting go. Vinyasa, the yogic art of linking breath and body movement in flows will be explored to build heat and promote deeper release. Students will also practice pranayama, yogic breathing, to deepen their experience of surrender. Finally, meditations will be practiced that encourage the deepest levels of internal softening and relaxation. This class is open to students of all levels and abilities.

**In With the New: 3:00 to 5:00pm**

In this class experienced students will revisit and newer students will learn the fundamental building blocks of a strong yoga practice. This class will emphasize the breath as the center of movement, building postures from the ground up and the inside out, and developing the recognition that yoga practice, at its best, is always new. This class is open to students of all levels and abilities.

Both Classes Paid On or Before 12/30/04: \$35; Day of \$45  
Individual Classes Paid On or Before 12/30/04: \$25; Day of \$30

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 and workshops challenge students physically and mentally, provide a safe space for self-exploration and meditation, and emphasize proper alignment, breath work, and broadening awareness. 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.

For more information contact Om Room at (831) 429-YOGA (9642) or [victor@omroom.com](mailto:victor@omroom.com)

Check out our full schedule of classes online ~ [www.omroom.com](http://www.omroom.com)

Enclosed is my non-refundable registration fee of \$ \_\_\_\_\_, made payable to  
**Om Room School of Yoga-for OUT WITH THE OLD IN WITH THE NEW.**

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

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