

# Weekend Intensive with Gabriel Halpern

Gabriel Halpern will teach a weekend of Iyenger-based yoga in early March at Cascade Yoga. Gabriel is a certified instructor trained at the Iyengar Yoga Institute in San Francisco and Pune, India. He has practiced yoga for 40 years and teaches workshops nationally.



**Friday, 3.5.10 | \$90/single - or- \$150/double**  
*Schedule a private yoga session with Gabriel*  
 Call Cascade Yoga at 616.464.1610 for an appointment

**Saturday, 3.6.10 | 9:30am - 12:30pm | \$50**  
*Alignment as Enlightenment*

**Saturday, 3.6.10 | 2:00 - 6:00pm | \$80**  
*Yoga Therapeutics: Back Care Basics*

**Sunday, 3.7.10 | 9:30am - 1:30pm | \$80**  
*Yoga Therapeutics: Shoulders and Neck*

Cost for the entire weekend workshop is \$210; private sessions are not included in this cost.

5060 Cascade Road SE  
 Grand Rapids, MI 49546  
 616.464.1610  
 www.CascadeYogaStudio.com  
 Join us on Facebook!



GABRIEL HALPERN

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

If you'd like to receive Cascade Yoga Studio's e-newsletter, please write your e-mail address below.

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**Please indicate sessions you're registering for:**

- Sat., 9:30am - 12:30pm | \$50  
*Alignment as Enlightenment*
- Sat., 2:00pm - 6:00pm | \$80  
*Back Care Basics*
- Sun., 9:30am - 1:30pm | \$80  
*Shoulders & Neck*
- Entire Weekend Workshop | \$210