

YOHI Workshops

Visit events and workshops at www.yogaonhigh.com for descriptions and details.

Restorative Workshops

Gail Sky, RYT-500
Saturdays, April 17, May 22 & June 12
\$35.00 per workshop

Cooking Balanced Vegetarian Meals - The Simple Way

Martha Marcom, ERYT-500
Saturday, April 17
Short North
\$60.00

Life in the Belly

Marcia Miller, ERYT-500
Sunday, April 25
\$45.00

Spring Yoga Dance Party

Laura Evans, RYT-200
Friday, April 30
\$20.00

Second Series

Linda Chun, RYT-200
Sunday, May 2
\$25.00

Breathe New Life into the Same Old Ashtanga Practice

Martha Marcom, ERYT-500
Saturday, May 8
\$40.00

Establishing a Home Practice

Linda Oshins, ERYT-500
Saturday, May 8
\$40.00

Guest Workshops

Tim Miller Programs

**Demystifying the Yoga Sutras:
A Day of Philosophy**
Friday, April 9
\$120.00

A Classic Ashtanga Weekend

Friday, April 9 through Sunday, April 11
\$205.00 by March 12; \$230.00 thereafter

Teacher Training Intensive

Monday, April 12 & Tuesday, April 13
\$240.00 by March 12; \$265.00 thereafter

Special Offer: \$525.00 for the entire program (Sutras Day, the Weekend Workshop and the Teacher Intensive). Please register early. This offer is limited to the number of spaces available in the weekend workshop.

Lisa Clark: Yoga & Body-Mind Centering™: The Senses

Saturday, May 15 & Sunday, May 16
\$215.00 by April 16; \$240 thereafter

Upcoming Workshops

Maty Ezraty, July 9 through 11

Rodney Yee Teacher Training

September 7 through September 11
\$700.00 by July 23; \$725.00 thereafter

Roger Cole, October 29 through 31

David Swenson, November 5 through 7

Prenatal & Family

Prenatal Partner Workshop

Mary Sinclair, RYT-500
Saturday, May 15
\$40.00 per couple

"I had always taken various yoga classes here and there at different places, but this was like no other. This was indeed a step up, a few steps at that."

Workshop Refund Policy

Weekend and weeklong workshops have variable deposits, fees and cancellation policies; details available from the front desk or on the website. No refunds on any workshops if cancelled less than 5 days before the workshop.

Reiki

Reiki Practice in a Changing World

Jodi Patton, Reiki Master
Saturday, April 10
\$35.00

Reiki Clinic

Fridays, April 16, May 14 & June 11
\$35.00 for a single appointment
\$85.00 for a series of three

Introduction to Reiki

Sue Johnson, Reiki Master
Saturday, May 1
Free, but pre-registration required

Reiki Level I Class & Attunement

Sue Johnson, Reiki Master
Saturday, June 5 & Sunday, June 6
\$150.00