

YOGA OF THE OLD MASTERS RICHARD MILLER AND INDRA DEVI

These exercises are therapeutic with a focus on specific breathing practices that also promote weight loss.

Benefit from Dorothy's yoga studies of the Old Masters.



Saturday, November 25, 2017
9:00am - 12:00 noon
Cost: \$50 (members \$45)



Dorothy Robinson

Dorothy was certified with Friedel Kattab's School of Yoga in 2004. In January 2017 she received her Senior Teacher designation with the Yoga Association of Alberta. Her education includes training in classical Hatha yoga: Okido, Wada and Nakamura systems of yoga, therapeutic breathing, pranayama (Dr. Gharote), mudra's, yoga for the lymphatic system, yoga of the old masters (Sivananda, Shyam Goswami), Swami Dev Murti and much more.



#206, 2016 Sherwood Drive Sherwood Park . 780-416-4211 . yogafortoday.ca

