



# Astoria Intensive

with Todd Jackson

May 18<sup>h</sup> - 20<sup>th</sup>

Friday 7-9pm | Saturday 9am-12pm and 2-4pm | Sunday 9am-12pm

\$200

Join us in Astoria, Oregon for 10 hours of yoga. We will meet at Ute Swerdloff's beautiful "Yoga Namaste" studio (342 10<sup>th</sup> Street, Astoria, Oregon) to continue our exploration of the felt sense and inner body during asana practice. Students will have at least 1 year's consistent yoga class attendance and be familiar with headstand and shoulderstand. Workshop price is for tuition only. Students will make their own reservations for accommodations in Astoria.



**Todd Jackson** helps students cultivate and refine their felt-sense abilities. His teaching guides students to balance the sensations of weight distribution, directional movement and tissue resiliency within. Teaching since 1997, Todd is known for his skills in sequencing, discerning eye for adjustments, and friendly humor. Welcoming all ages and fitness levels, Todd is keen to help students build lasting health and peace. After graduating from the Advanced Studies Program at The Yoga Room in Berkeley, he continues his long-term studies with Donald Moyer and Mary Lou Weprin.

| 503-234-2020 | [todd@toddjackson.com](mailto:todd@toddjackson.com) | [www.toddjackson.com](http://www.toddjackson.com)

## Registration for Astoria Intensive

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_  
Day phone (\_\_\_\_) \_\_\_\_\_  
Evening phone (\_\_\_\_) \_\_\_\_\_

To register, make your check payable to "Yoga Namaste" in the full amount and send it along with this registration form to: Yoga Namaste, 1087 11th Street, Astoria OR 97103

Cancellation policy: a refund minus \$25 will be given if we can fill your space with someone on the standby-list.