



First Friday Yoga Class

with Barbara Fergusson

Friday, 5:30 – 7:30 PM

January 6, February 3, March 2

\$54 for the series; or \$18 per class

These classes are for all levels. Start your weekend with gentle yoga poses, pranayama, and meditation.



Barbara Fergusson supports and empowers her students with her relaxed, knowledgeable leadership in the classroom. Her teaching approach honors the individuality of each student, endowing them with the ability to recognize good alignment and find a correct sense of ease within each pose. Her goal is to teach students to tune into their own individual reaction to each pose, and see their practice as a series of lessons that can be applied both on the mat and in the world. Barbara began teaching yoga in 1980, and is a master teacher who has inspired several of her students to become teachers. She and fellow Yoga Room graduate Todd Jackson opened Portland Yoga Arts in 2002.

| 503.287.1078 | barbaraf@portlandyogaarts.com

Registration for First Friday Yoga Class – January – March 2012

Name _____

Address _____

City _____

Zip _____

E-mail _____

Day phone (____) _____

Evening phone (____) _____

To register, make your check payable to Barbara Fergusson in the full amount and send it along with this registration form to: Portland Yoga Arts, 4400 NE Glisan, Portland, OR 97213. Cancellation policy: a refund minus \$25 will be given if you notify us 72 hours before the start of the event.