



2012 Summer Immersion

August 3-8 ~ 9am-12pm and 2-5pm each day

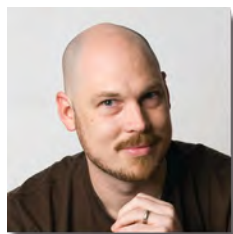
Each teacher presents the morning session for half the immersion and the afternoon session for the other half.

Students need 1 year of consistent Iyengar yoga class attendance at Level 2 or above and be familiar with headstand, shoulderstand and urdhva dhanurasana. Tuition is \$450.



Barbara Fergusson supports and empowers her students with her relaxed, knowledgeable leadership in the classroom. Her teaching approach honors the individuality of each student, and endows 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. A master teacher who has inspired several of her students to become teachers, Barbara began teaching yoga in 1980. She and fellow Yoga Room graduate Todd Jackson opened Portland Yoga Arts in 2002.

| 503.287.1078 | barbaraf@portlandyogaarts.com



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 Advances Studies Program at The Yoga Room in Berkeley, he continues his long-term studies with Donald Moyer and Mary Lou Weprin.

| 503.234.2020 | toddj@portlandyogaarts.com | www.toddjackson.com

Registration for Summer Immersion

Name _____
Address _____
City _____ Zip _____
E-mail _____
Day phone (____) _____
Evening phone (____) _____

To register, make your check payable to Barbara Fergusson Yoga. A \$50 non-refundable deposit reserves your space. The total is due by July 1st.
Mail to:

Portland Yoga Arts
Attn: Barbara Fergusson
4400 NE Glisan
Portland, OR 97213

Refund policy: Refunds minus \$50 will be given if you withdraw before July 1st. If notice is received in July, a refund minus \$50 will be given only if a replacement can be found.