

Wilmington Schedule:

Thursday, June 26th

8.30-11am Mixed Levels (\$45)

1-3pm Teacher Training Lecture
& Hands-on (\$35)

4-6.30pm Mixed Levels (\$45)

Friday, June 27th

8.30-10.30am Welcome Beginners! (\$35)

11am-2pm Intermediate/Advanced
Eye of the Tiger (\$50)

4-6pm Mixed Levels (\$35)

all-day Thursday: \$120 all-day Friday: \$115

whole workshop- beginner&mix level: \$145

int./adv.&mix level: \$160 int./adv./teacher: \$185

special price if you sign up

for all 4 days, including

Wilmington & Charlotte: \$300

Location:

The Blockade Runner

275 Waynick Boulevard
Wrightsville Beach, NC 28480
800.541.1161

Please contact hotel to book your room now
till May 25th for special room rate.

Make sure you mention Yoga Workshop.
Space is limited

Contact:

Rachael Crawford Goolsby
Rachaelmove@hotmail.com
910.465.9684 delightinyoga.com (coming soon)

Please make check out to &
send Registration via mail to:
Rachael Crawford Goolsby
102 S. 5th St.
Wilmington, NC 28401

***** please cut and mail to Rachael Crawford Goolsby, 102 S.5th St., Wilmington, NC 28401 *****

Your Name _____

Phone _____ email _____

Address _____

Payment: Amount: _____ Check# _____

Credit Card (VISA or MC) # _____ exp. date ____/____/____

Sessions attending (Please check):

Wilmington & Charlotte (\$300) _____ Whole Wilm: Beg/Mix (\$145) _____ Int/Adv/Mix (\$160) _____ Int/Adv/Teacher (\$185) _____

All-day Thurs. 6/26 (\$120) _____ All-day Fri. 6/27 (\$115) _____ Thurs. 8.30-11-Mix (\$45) _____ Thurs. 1-3-Teacher(\$35) _____

Thurs. 4-6 Mix (\$45) _____ Fri. 8.30-10.30 Beg. (\$35) _____ Fri. 11-2 Int./Adv. (\$50) _____ Fri. 4-6 Mix (\$35) _____

Registration

2008

Desirée Rumbaugh

Co-Hosts:



Charlotte Schedule:

Saturday, June 28th

Sunday, June 29th

Location:

North Carolina Music Factory
1000 Seaboard St., Charlotte, NC 28202

Contact:

Sarah Faircloth or Brooks Haislip
Sangati Healing Arts
704.334.3221 x1 or x2
sarah@sangati.net, brooks@sangati.net



"Desirée Rumbaugh is a true treasure of a yoga instructor. The combination of an exceptionally beautiful yoga practice, highly creative instructions, and vibrantly charismatic personality make her one of the top yoga instructors in the U.S."

-John Friend (Founder of Anusara Yoga)

Visit Desirée's site: www.desireerumbaugh.com

"Change Your Body, Change Your Mind"

