

# Desirée Rumbaugh

## Anusara Yoga Workshop

Hosted by Rachael Goolsby, Ashley Ludman,  
and Wilmington Yoga Center

# New Day Dawning

Thurs 9am-12pm:  
Standing Poses and Backbends:  
Your Heart's Desire

on June 24-25, 2010

Thurs 2pm-5pm:  
Hip Openers and Fwd. Bends:  
Endless Possibilities

at Saint Thomas  
Preservation Hall

208 Dock Street  
Wilmington, NC

Fri 9am-12pm:  
Backbends and Arm Balances:  
The Truth Will Set You Free

Cost: \$50 each 3-hr. session  
\$135 whole workshop

All levels  
are welcome  
Register at  
[DelightInYoga.com](http://DelightInYoga.com)

Desirée has been immersed in yoga since 1987. Each year brings her greater understanding and a deeper bow of gratitude for all the gifts she has received from this great practice of union with the Self. The discovery of the transformational power of Anusara Yoga has helped her to lift so many veils in her life that she is now compelled to travel the world and share this practice with anyone who is open to it. For Desirée, teaching yoga is a playful art form and she encourages her students to see their practice as a channel for personal creativity. Desirée is a frequent contributor to Yoga Journal. For inspiration please visit her site [www.desireerumbaugh.com](http://www.desireerumbaugh.com)

For more info email or call Rachael [rachael@delightinyoga.com](mailto:rachael@delightinyoga.com) 910-465-9684

