

Freedom Spirit Yoga welcomes

# Desiree Rumbaugh

Bringing  
Yoga to Life!  
September 5-7, 2014  
Zurich, Switzerland



Desiree Rumbaugh is delighted to be returning to Zurich for her fourth visit. As usual, you can expect to learn some new and creative ideas that will help you with your practice and teaching. Desiree is an innovator, her curiosity and love of exploration keeps her returning to the yoga mat with a beginner's mind. Please join us for an inspiring weekend featuring Desiree's latest discoveries about both the therapeutic and beneficial parts of yoga and how it applies to and helps us with our daily lives. [www.desireerumbaugh.com](http://www.desireerumbaugh.com)

### Schedule

Sept. 5 Friday 18:00-20:30 Soul Food: ahaa...Hip Openers

Sept. 6 Saturday 10:00-12:30 Enthusiasm: Backbends for all types of student

Sept. 6 Saturday 14:30-17:00 Deep Listening; Forward Bends, Pranayama and Meditation

Sept. 7 Sunday 10:00-12:30 Imagination: Playful variations of twists in a variety of poses

Early bird chf. 320 paid by July 15

Sessions chf. 95

Full workshop chf. 350 after July 15

Location: [YogaSeefeld](http://YogaSeefeld), Feilengasse 5 Zurich

Registration: [info@freedomspiryoga.com](mailto:info@freedomspiryoga.com)

Contact: Jeff 079 425 7032, Ezgi 078 603 6454

Registration is binding. **Register Early**, space is limited.

FSY Yoga is Jeff & Ezgi Fisher [www.yogijeff.com](http://www.yogijeff.com) [www.ezgiyoga.com](http://www.ezgiyoga.com)