

About the Instructor and Her Approach

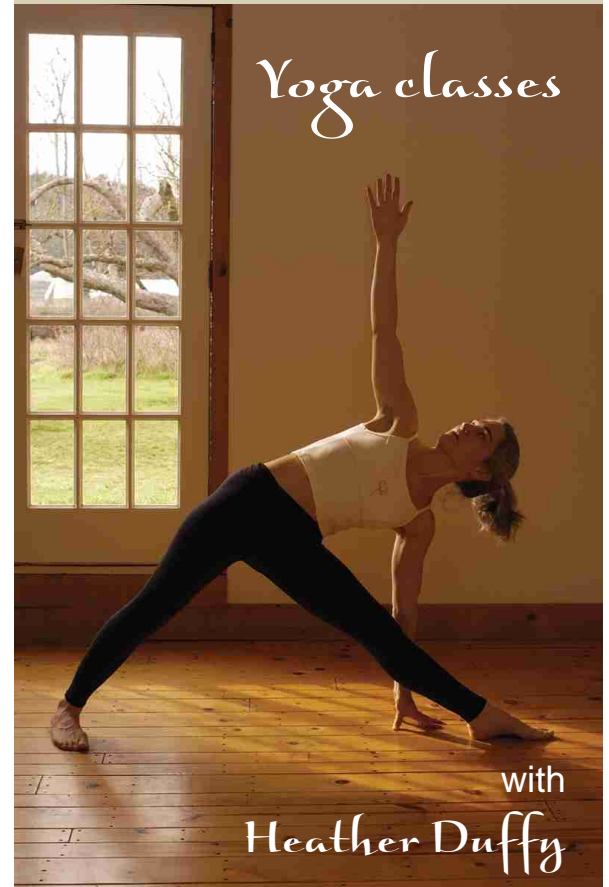
Heather Duffy began practicing yoga in 1986 and has taught classes since 1990. She has studied at the Iyengar Yoga Institute in India as well as with numerous other yoga teachers.

Heather is also a licensed massage practitioner, which has greatly influenced her yoga practice. She strongly believes that yoga is a way to connect deeply with the true self and the universal life force - to heal body, mind and spirit in a loving, nurturing way.



For more information
Phone: (360) 379-6977

Heather Duffy
808 17th Street
Port Townsend, WA 98368



REGISTRATION FORM

Early registration is recommended. Space is limited. Enclose \$20.00 non-refundable deposit (or full payment) for each class. Balance due at first class.

NAME: _____

#1 Class Time: _____

ADDRESS: _____

#2 Class Time: _____

CITY/STATE/ZIP: _____

PHONE: _____

Send this form with check payable to:

New Student? Yes ___ No ___

Heather Duffy
808 17th St.
Port Townsend, WA 98368

New Address? Yes ___ No ___

Total amount enclosed: \$ _____

Which Yoga Class is Best for You?

Introductory Yoga: A great place to start for people with little or no yoga experience.

Gentle Yoga: This is a slower-paced class that uses breathing and imagery to gently relax body and mind. No experience is necessary.

Basic Yoga: For students with prior yoga experience. Class time will be spent exploring the basic poses and concepts of yoga. There will be a strong focus on postures that develop core strength, inner stability and balance. We will focus on combining movements with an awareness of the breath. Special emphasis will be given towards proper alignment in order to build and maintain healthy joints.

Continuing Yoga: Here we move from basics into more advanced postures - such as back bends, forward bends, and inversions - as well as refining the basic poses. Personal home practice is required to participate in continuing yoga.

Plan to arrive early to support yourself and others in being fully present.



Preparing for Class

Wear nonrestrictive, comfortable clothing to your yoga session. Also, remember that you'll be barefoot. Please, no perfumes or colognes. And for your own comfort (and ability to do the postures), it is recommended that you not eat two hours before class. Drink plenty of water.

Class Environment

Classes are taught in Port Townsend and Port Hadlock. Please call/write Heather for specific locations. To insure individual attention class sizes are small (not over ten students).

Private Sessions

Heather is also available for private sessions. This can be helpful if you have a specific condition or would like to develop a home practice that is designed to meet your individual needs. Private sessions are \$40.00 per hour.

Fees

\$8.00/class for 10 or more classes per session. For drop-ins on individual classes: \$10/class. (initial class \$8.00) Fees paid are valid for this session alone.

Make-up classes are allowed, but only during this session, where space is available. Lastly, a lack of funds shouldn't be an obstacle to taking yoga - so we can discuss other financial arrangements.

To answer questions or for more information, please call Heather at 379-6977.