



Charlottesville
YOGA
School

presents

a fall equinox intensive

SEPTEMBER 18-20, 2009

with Kate Hallahan
at The Barn at Split Rock Farm in Ivy

SCHEDULE

Friday	6:30-8:30pm	Level I-III
Saturday	11:30am-1:30pm	Level III/IV*
Saturday	3:00-5:00pm	Level I-III
Sunday	11:30am-1:30pm	Level III/IV*
Sunday	3:00-5:00pm	Level I-III

*Pre-requisite for Level III/IV - at least 2 years of consistent yoga practice.

RATES

\$20 per session

\$18 per session for 3 or more sessions

Entire intensive: \$80 if paid by Sept.5; \$90 after

*If cost is prohibitive but interest is sincere, please contact
Kate: kate@charlottesvilleyogaschool.com.*

MORE INFO & TO REGISTER:

Email Kate Hallahan: kate@charlottesvilleyogaschool.com or call 434-227-9297



Kate Hallahan, RYT received her 200-hr. teacher training certificate in both Iyengar and Ashtanga Yoga at the Academy of Yoga in Colorado. Since 2003, Kate has traveled frequently to study with her primary teacher, Kofi Busia, who has held an Advanced Iyengar Teaching Certificate for over three decades and is one of the world's preeminent yoga teachers. Kate is co-director of Charlottesville Yoga School, a Yoga Alliance approved program, where she trains and certifies yoga students in the art of teaching yoga.