



Please join us in welcoming Desirée Rumbaugh back to Kansas City for three days that will transform your practice and/or teaching. The purpose of a yoga practice is to evolve, which involves gradually seeing ourselves and others more clearly. We learn to realize our vast potential rather than only seeing our limitations. ***When we can use the poses to make new neuromuscular connections and then deliberately apply them, we feel empowered. If we are teaching others, this higher vibration of self-understanding will naturally come through and uplift our students.***

It's possible to attend yoga classes for years and never truly understand what we are doing. This is why so many people have a low level of commitment to their personal practice. If it's not bringing results and is possibly creating stress on joints and not inspiring us to grow, why even do it?

**Register: at [www.iAMLearning2Fly.com](http://www.iAMLearning2Fly.com)**

**Workshop Location:**  
**SUNFLOWER GYROTONIC® STUDIO**  
5636 Johnson Drive  
Mission, KS 66202

**Cost:**  
The first 12 signups are \$300. \$330 after that.  
Friday sessions are \$55 for each 2 ½ hour workshop.

**Questions: Sumya 913-262-2600**  
**[Sumya@iAMLearning2Fly.com](mailto:Sumya@iAMLearning2Fly.com)**

## **YOGA FOR LIFE:** **A WEEKEND OF RENEWAL**

**An all-levels event w/ Desirée Rumbaugh**  
**JUNE 24-26, 2022**

**FRIDAY** will be the day we lay out a foundation. (This is the only day you can drop-in) With certifications in Iyengar and Anusara Yoga, Desirée has devoted over 35 years to this art. She will share what knowledge and skills she feels are most valuable. In these two classes you will learn how to stay safe, become stronger and more flexible, and actually make physical and mental progress in your yoga practice.

**SATURDAY AND SUNDAY** will give us a chance to practice all types of poses using, and learning more about, all the information that will be introduced on Friday.

### **IN THIS TRAINING, YOU WILL:**

- ♦ Learn how to strengthen your deep core.
- ♦ Gain more understanding of your unique spine and muscular holding patterns.
- ♦ Experience the benefits of slow deliberate organization of movement as contrasted with a faster paced practice.
- ♦ Be inspired to patiently work on healing your body and never give up.

### **THE MORNING SESSIONS:**

Standing poses, backbends and inversions.

### **THE AFTERNOON SESSIONS:**

Forward bends, twists and restoratives.

**If this list makes you nervous, please rest assured that we are not gathering to perform poses, but rather to learn how we can use them to show us where there is room for us to change and grow. This is the purpose of the practice, to continue to grow in awareness and live from that heightened state.**

You will be inspired to continue to expand your experience of Life on this planet. Her teachings and her book "Fearless After Fifty: How to Thrive with Grace, Grit and Yoga" were recently featured on PBS. For more information, please visit [www.desireerumbaugh.com](http://www.desireerumbaugh.com)

### **HOURS:**

**FRIDAY, JUNE 24: 1:30 - 4:00PM and 6:00 - 8:30PM**  
**SATURDAY AND SUNDAY, JUNE 25-26: 9:00 - 11:30AM and 2:30 - 5:00PM each day.**