



A Weekend with Richard & Mary hosted by Ashtanga Yoga Denver

June 22-24, 2018

Location: Ashtanga Yoga Denver's spacious satellite practice site:
3563 Wazee Street, Denver, CO 80216

\$300 for the full weekend

Early-bird special: \$250 before May 15

Details and pay online: ashtangayogadenver.com

Call or email Elizabeth: 720.308.9770 elizabeth@ashtangayogadenver.com

Cancellation policy: cancellations made up to 21 days prior to the start of the workshop will receive a refund, minus any credit card fees already accrued, and a \$25 handling fee. No refunds will be given for cancellations made within 21 days of the start of the workshop.

Friday, June 22

6-7:30pm
Lecture

Saturday, June

23

9-12pm Asana

12-2pm Break for
Lunch

2-4:30pm
Chanting,
Pranayama &
Lecture

Sunday, June 24

9-12pm Asana

12-2pm Break for
Lunch

2-4:30pm
Chanting,
Pranayama &
Lecture
