



W61 N397A Washington Ave.  
Cedarburg, WI 53012  
262-376-9642 [yogaonestudio.com](http://yogaonestudio.com)



**Dearbhla Kelly** left Dublin, Ireland, in 2001 to pursue a Ph.D in philosophy in Chicago. While living in Chicago she taught yoga at Moksha Yoga Center, Yoga Now, and various other locations. Recently relocated to Los Angeles she currently teaches at Forrest Yoga Institute, UCLA, and other locations.

She began her practice of yoga 12 years ago while living in Amsterdam. A long-time student of Ana Forrest, Dearbhla has completed both foundation and advanced level teacher trainings with Ana. She teaches at Forrest Yoga Institute and assists Ana at yoga conferences, workshops and teacher trainings.

**OFFICE USE ONLY**

RECEIVED BY \_\_\_\_\_  
RECEIVED DATE \_\_\_\_\_

# Yoga Workshop with **Dearbhla Kelly** January 26–28, 2007

**Yoga for Relaxation**—Friday, Jan. 26th 6:30pm-8:30pm:  
Featuring guest musician Allie Stringer, this mellow class incorporating chanting, pranayama, asana and meditation will leave you feeling relaxed and replenished. Suitable for all levels.

**Twists**— Saturday, Jan. 27th 3:00pm-5:00pm:  
In this hot, sweaty, class we will use twists to detoxify and cleanse the body on a deep cellular level leaving you feel energized and refreshed. Suitable for continuing, intermediate and advanced students

**Access your Core through Arm Balances** -  
Sunday, Jan. 28th 11:30am-1:30pm:  
Journey deep into your core and connect to the deep reserves of strength within in this fun and challenging class. Experience the exhilaration of arm balances and the feeling of lightness and centeredness that comes from being connected to the core.  
Suitable for intermediate and advanced students

**REGISTRATION FORM**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City / State / Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

- Dearbhla Kelly Entire Weekend**.....\$ 100.00
- Friday, 1/26 Yoga for Relaxation** .....\$ 40.00
- Saturday, 1/27 Twist** .....\$ 35.00
- Sunday, 1/28 Access your Core** .....\$ 35.00

**Payment Information**

- Cash    Check    Visa    MasterCard    AmEx    Discover