

Yoga with Angela Farmer and Victor vanKooten



Chapel Hill, North Carolina
September 2013

This is an invitation to join Angela Farmer, Victor vanKooten and friends for a weekend workshop this September 2013 in Chapel Hill, North Carolina.

Renown for their continually evolving 'inner body' approach to Yoga, Angela & Victor will once again be offering their creative guidance to help students open to the deeper organic, internal experiences of Yoga.

This unique workshop consists of two inter-woven courses and provides a **4-Day opportunity** to relax and drop as deeply as possible into the yoga.

If you are unable to attend both courses, you may register separately.

Please see below for details.

1-Day Course

Thurs, Sept 19, 12:30-5:30p

'A Day for Women' with Angela



run concurrently with

'A Day for Men' with Victor



This day provides a unique opportunity to work with either Angela or Victor to explore and experience how our feminine & masculine energies flow and weave to support our yoga & help to nurture a deep sense of empowerment from within.

followed by a

3-Day Course

Fri – Sun, Sept 20-22

Fri & Sat 11a-5p, Sun 10:30-3p

for everyone !



Continuing throughout these next 3 days, Angela & Victor's combined guidance, encouragement & support will help us further experience the

subtle yet powerful qualities of these vital energies
Through asana, movement, breath, & visualization we'll explore:

- the concepts of 'undoing' & 'allowing'
- re-finding our 'roots' for greater mobility & freedom
- listening and responding to the needs of the body
- freeing old holding places caused by injury & trauma
- nurturing a personal creative, intuitive practice

~~ **REGISTRATION** ~~

Please Register for the workshop by sending the Registration Form
(at the end of this email) along with your payment of choice to:

Molly Drake
bluesaturation yoga
707 Bolin Creek Dr.
Carrboro, NC 27510

Upon receipt you will receive confirmation of your payment.

Payment for the workshop may be made in full or divided between a
deposit* and balance according to:

Early Bird Registration

deposit & full payment received by May 1st
or

Regular Registration

deposit & full payment received by Sept 1st

* Please note that sending in your deposit will hold a space for you but will
not guarantee your space.

In order to guarantee your space, please send in your full payment
or balance of payment by the following dates:

Entire Workshop (Thurs-Sun, Sept 19-22):

'A Day with Angela or Victor' + 3-Days for Everyone

By May 1st: full payment: \$390 deposit: \$190

By Sept 1st: full payment: \$430 deposit: \$190

3-Day Course alone (Fri-Sun, Sept 20-22):

3-Days for Everyone

By May 1st: full payment: \$350 deposit: \$150

By Sept 1st: full payment: \$375 deposit: \$150

1-Day Course alone (Thurs, Sept 19th):

'A Day with Angela' for women or 'A Day with Victor' for men

By May 1st: full payment: \$175 deposit: \$75
By Sept 1st: full payment: \$ 200 deposit: \$75

~~ LOCATION ~~

Thurs, Angela's 'A Day for Women'
Fri, Sat, & Sun '3-Days for Everyone':

Maple View Agricultural Educational Center
3501 Dairyland Rd
(in the lovely countryside just West of Carrboro & Chapel Hill)

Thurs, Victor's 'A Day for Men':

Loving Kindness Yoga School
205 W Main St, Suite 213
Carrboro, NC 27510
(Ti Harmony's studio)

~~ REFUNDS and CANCELLATIONS ~~

To qualify for the Early Registration fee, your full payment is due May 1st.
After May 1st, Regular Registration fees apply.

If you need to cancel after you have made your full payment and do so
before Sept 1st, your payment will be returned minus a \$50 registration fee.

If you cancel after Sept 1st, your payment will be returned minus \$50, only
if someone can fill your spot.

We thank you for understanding this cancellation policy.

As this is a very desirable workshop, if it becomes problematic for you to
attend, please notify me as soon as possible in order to expedite your
refund & to help keep the workshop full for Angela & Victor.

Further Notes...

Further details will be sent upon your registration and closer to the date. In
the meantime, please feel free to get in touch with me, Molly Drake, by
email: bluesaturation@mindspring.com or phone: 919/ 967-5416

Soon you will be able to see this 'flier' on Angela & Victor's web-site:
<http://www.angela-victor.com/av/ChapelHill06.htm>

and on the workshops page of my site as well:

<http://www.bluesaturation.com>

Angela & Victor love coming to Chapel Hill and are delighted to have this opportunity to be here with the fantastic people this workshop tends to attract. Me too! We hope as many of you can join in as possible!

Look forward to hearing from you.

Happy New Year,

Namaste,

Angela, Victor, and Molly
& Jock too

Kindly return this Registration form along with your check to:

bluesaturation yoga - 707 Bolin Creek Drive Carrboro, NC 27510
(please make check out to Molly Drake).

I apologize but I am unable to accept credit cards or Pay-Pal.

Name:

Address:

Phone:

E-mail:

Please indicate your choice:

___ 'A Day with either Angela or Victor' + 3-Days 'for Everyone!':

Early bird by May 1st: \$390 in full, Regular by Sept 1st: \$430 in full
(Deposits for either: \$190)

___ 3-Days 'for Everyone!' alone:

Early bird by May 1st: \$350 in full, Regular by Sept 1st: \$375 in full
(Deposits for either: \$150)

___ 'A Day for Women w/ Angela'

or

___ 'A Day for Men w/ Victor'

Early bird by May 1st: \$175 in full, Regular: by Sept 1st: \$215 in full
(Deposits for either \$75)