

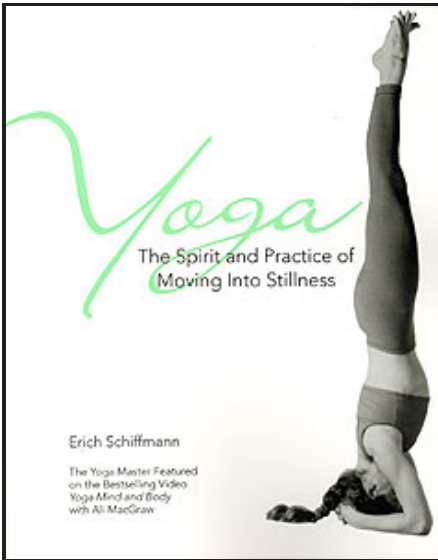
# MOVING INTO STILLNESS

WITH NATIONALLY RECOGNIZED YOGA GURU ERICH SCHIFFMANN



## About Erich Schiffmann

Master yoga teacher Erich Schiffmann has been teaching and practicing yoga for almost 40 years. He is internationally renown for his book, *Yoga: The Spirit and Practice of Moving Into Stillness* and his award winning video *Yoga Mind and Body*. He began his yogic studies at a young age in England and India learning from such luminaries as, Krishnamurti, Desikachar, Iyengar, and Joel Kramer to name a few. His knowledge base is massive, and one which he is able to convey with ease, clarity and humor. His style is unique with an emphasis on fun, freedom, inner guidance and wisdom. This workshop is suitable for students at any level.



## Registration Fee:

\$250 before April 14th

\$275 after April 14th

Or \$70 per session

## Schedule:

Friday May 14th from 6:30pm - 8:30pm in the Granada Ballroom

Saturday May 15th from 10:00am - 1:00pm in the Alhambra Ballroom  
and from 3:30pm - 5:30pm in the Granada Ballroom

Sunday May 16th from 10:00am - 1:00pm in the Alhambra Ballroom



## To Register:

Call (305) 913-3102 or download, print and mail registration form found online at <http://www.BiltmoreFitness.com>

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