



2012

much
A YEAR TO GO ^ DEEPER
with Hart Lazer

Hart Lazer invites you to study yoga with him for a full year. The 2012 program will be covering a wide range of subjects taught in different formats: master classes, wall yoga, restorative yoga, meditation and pranayama. Take advantage of this unique opportunity to study with one of Canada's leading yoga teachers and teacher trainers. Open to all yogis, this 100-hour program is specially suited for teachers and advanced students who wish to go deeper in their yoga and meditation experience, refine their personal practice, extend their knowledge of alignment, and overall receive personal support and guidance from a seasoned yoga practitioner and teacher.

COURSE OUTLINE: (Total 100 hours)

MASTER CLASSES – 21 hours

Scheduled from 6am to 9am on Tuesdays:

- March 27, 2012 – Twists
- May 8, 2012 – Standing Poses
- June 19, 2012 – Led Practice
- August 7, 2012 – Backbends
- September 4, 2012 – Led Practice
- November 20, 2012 – Pranayama & Meditation
- December 11, 2012 – Led Practice

ROPES & RESTORATIVES – 9 hours

Scheduled from 6:00 to 9:00am on Thursdays:

- March 29, 2012
- May 10, 2012
- June 21, 2012

EMBODIED PRACTICE, EMBODIED PRESENCE – 12 hours

Scheduled from 6:00 to 9:00am on Thursdays:

- Aug. 9, 2012
- Sep. 6, 2012
- Nov. 22, 2012
- Dec. 13, 2012

YOGA & MEDITATION – TWO 10-DAY INTENSIVE WORKSHOPS – 40 hours

Workshops are scheduled from 6:30am to 8:30am daily for 10 days:

- Monday June 4 to Wednesday June 13, 2012
- Monday October 15 to Wednesday October 24, 2012

PRANAYAMA & MEDITATION – 13 hours

This weekend workshop is scheduled Sep. 28 to Sep. 30, 2012:

- Friday 5:30pm to 9:30pm, Saturday noon to 5pm, and Sunday 9:00am to 1:00pm

PRIVATE SESSIONS WITH HART – 5 hours

Five one-hour individual meetings to answer questions arising in your personal practice (date to be determined with Hart)

COST:

Before December 15, 2011: \$1500.00 + taxes (\$500 non-refundable deposit) (This rate is also offered to students who were in the 2011 A year to go Deeper Program)

After December 15, 2011: \$1750.00 + taxes (\$500 non-refundable deposit)

REQUIREMENTS:

- Minimum of 2 years consistent practice of yoga
- Regular meditation practice
- Completion of program application form - applications to be received by January 30, 2012

For all:

Payment by cheque or cash only.

Payment plans available with postdated cheques for the whole amount; \$250.00 extra for fees and administration. Paid in full by Nov. 1, 2012.

Refunds in the form of credit on Hart Lazer courses only.

IMPORTANT:

All cheques must be made out to Hart Lazer, and sent by mail to one of the 2 following addresses:

- Donna Read
5386 Brodeur St., Montreal, QC H4A 1J3
- United Yoga Montreal Att: Donna Read
460 Ste-Catherine St. West, Suite 208,
Montreal, QC H3B 1A7

For application and further information contact:

Donna Read: 514-849-7100 (studio) 514-774-2939 (cell)
unitedyogamontreal@gmail.com

LOCATION:

460 Ste-Catherine St. West, Suite 208

www.unitedyogamontreal.com
514-849-7100