

Dear One:

I am very excited and happy to announce that in February, 2023, I will be returning to Mount Madonna Center near Watsonville, CA, to teach a LIVE new five day, 25 hour residential course called:

Living Your Yoga: Creating an Embodied Practice.

I am offering a special invitation to share this work with me. There is the reduced “2019” price of \$725 (the full price is \$799).

This discount is only available until the end of 2022, and is the cost of the workshop only.

To register, you need to do two things:

1. Send a check or money order in US funds made out to **Judith H Lasater** in the amount of \$725. After January 1st, the price will be \$799.

Address:

*Judith Hanson Lasater
156 Madrone Avenue
San Francisco, CA 94127*

Include your name, email address, and cell phone number with your payment.

2. To choose your housing at Mount Madonna Center, they request that you do so ONLY THROUGH THE LINK BELOW, AND NOT DIRECTLY WITH THEM.

Here is the web site to choose your housing:

<https://www.mountmadonna.org/cgi-bin/reg1?id=4779>

Morning sessions will be an Active practice; afternoon sessions will be lecture and some Restorative practice, but all class time will be focused on the theme of An Embodied Practice: Finding Your Center All Day Long.

Once again [Mary Richards](#), yoga teacher and self-proclaimed science nerd, will present three evening audio-visual presentations on our topic. These sessions are universally loved and enjoyed. Lucky us!

I am always excited to see you and work with you.

I do expect this workshop to fill quickly, so sign up very soon to secure your space.

Namaste,

A handwritten signature in black ink that reads "Judith". The signature is written in a cursive, flowing style with a small dot above the letter 'i'.

Judith Hanson Lasater, Ph.D., PT, C-IAYT, E-RYT

www.judith.yoga