

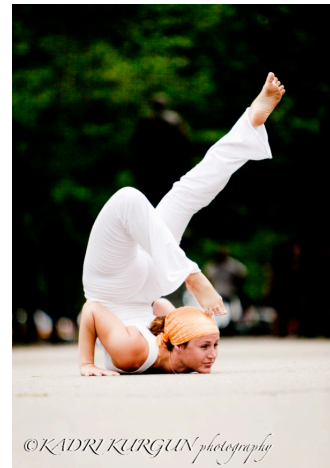
# MONTHLY YOGA SERIES

with *Kate Greer*

**Sunday ~ 4-6p**

**1/8, 1/22, 2/26, 3/11, 4/1, 4/29**

**\$30/class**



**Join Kate or Hanspal Kaur Khalsa for a monthly practice to inspire your yoga.** Kate invites students to listen for their own source of inspiration and to move from the inside out. Drawing from a blend of Vinyasa, Anusara and Kundalini Yoga, her classes combine fluid movement, precise alignment and an appreciation for the infinite within the finite.

**Whether you are a yoga teacher, an avid student, or just looking to brighten your Sunday afternoon, Kate offers yoga in a way that is playful and welcoming - both accessible and challenging to all.** Each month's class will be themed for a particular category of postures and coupled with pranayama, meditation and chanting. The joy that we discover on the mat is a small reflection of the tremendous spirit we all possess; the real work begins in translating those smaller epiphanies into our everyday lives.

**Kate's greatest hope is for her students to see their own limitless capacity of the heart and to share that with others.** She hopes to see you one Sunday, or perhaps every month!

**Kate or Hanspal Kaur** tries to offer from her heart in everything she does. Kate is a senior teacher based in Boston, where she teaches public classes, workshops, retreats and teacher trainings. Trained in Vinyasa, Anusara and Kundalini Yoga, she now studies with Scott Blossom, Chandra Easton and Matt Pesendian. Along with her husband, Richmond Dickson, Kate founded Open Hearts, a traveling yoga school that offers retreats and teacher trainings both domestically and abroad. For full bio - [www.kategreeryoga.com](http://www.kategreeryoga.com)

Register by filling out this form (please print) or email [info@ldyoga.com](mailto:info@ldyoga.com) with registration details.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip \_\_\_\_\_ Phone: \_\_\_\_\_

MONTHLY YOGA SERIES w/ Kate Greer Cost: \$30/class

Circle classes attending - 1/8 1/22 2/26 3/11 4/1 4/29 TOTAL \_\_\_\_\_

FORM OF PAYMENT: CASH \_\_\_\_\_ CREDIT CARD \_\_\_\_\_ CHECK \_\_\_\_\_ (payable to Laughing Dog Yoga)  
Credit Card #(Visa, Mastercard) \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV \_\_\_\_\_

**MAIL TO: Laughing Dog Yoga, 159 Linden St., 2<sup>nd</sup> flr, Wellesley, MA 02482  
OR EMAIL: [info@ldyoga.com](mailto:info@ldyoga.com) 781-235-9642 [www.ldyoga.com](http://www.ldyoga.com)**

