

# *A Yoga Weekend with Thomas Fortel*

Everyone welcome to attend one or both sessions of a Yoga Weekend with Thomas Fortel  
"I warmly welcome you to Our Practice Together" Thomas Fortel



*Presented by*  
*Yoga Center of Carmel*

*Saturday, January 27, 1:30-4:30pm*

*Sunday, January 28, 1:30-4:30pm*

*Early registration: Each session \$40, or \$45 at door*

*Early registration: Full weekend \$75*

*Thomas Fortel* is an Iyengar-trained, Ashtanga and Anusara-influenced Hatha Yoga teacher. A student of yoga since 1982, he has been teaching consistently since 1993. Adept in the use of yoga props, Thomas is equally at ease teaching a restorative or vigorous practice, and is experienced teaching beginner and intermediate students. Through the Iyengar focus on alignment, he particularly enjoys the mind-body connection which develops and appreciates the breath-work and vinyasa (flow) style of Ashtanga yoga. From the beginning of his teaching career, Thomas has naturally blended his experiences of Bhakti yoga within his teaching style. Thomas is a unique and gifted teacher who blends his medical background, years of yoga practice and teaching with his spiritual path. Most of all, he offers presence, love and attention to the individual students and the group field.

To register, email Kathleen at: [yogacarmel@aol.com](mailto:yogacarmel@aol.com) or complete this form and return it with your check to:  
Yoga Center of Carmel - "Thomas Fortel"- P.O. Box 1413 Carmel, CA 93921

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

Phone: \_\_\_\_\_ Email Address \_\_\_\_\_

Attending: Saturday, January 27, 1:30-4:30pm, Sunday, January 28, 1:30-4:30pm  
Each Session: \$40 early reg\_\_\_\_, \$45 at door\_\_\_\_ Full Weekend: \$75 early reg\_\_\_\_  
[www.yogacentercarmel.org](http://www.yogacentercarmel.org) email: [yogacarmel@aol.com](mailto:yogacarmel@aol.com) phone 831-624-4949

Yoga Center of Carmel, 10<sup>th</sup> between San Carlos and Mission, Carmel-by-the-Sea