

# Ultra YOGAthon



at DRUMSTRONG



Saturday May 21<sup>st</sup> & Sunday May 22<sup>nd</sup>

29 Hours of Yoga to the Beat of DRUMSTRONG!

Charlotte's Yoga Studios join forces to offer 29 hours of yoga in support of DRUMSTRONG, a non-profit supporting cancer related charities! Entrance into DRUMSTRONG's event is \$25. Enjoy unlimited drumming, yoga, & other family friendly events! For more information visit [www.drumstrong.org](http://www.drumstrong.org) or [www.UltraYOGAthon.com](http://www.UltraYOGAthon.com). Classes offered hourly. Styles include Basics, Yin, Power, Ashtanga, Anusara, Iyengar, Partner, Therapy & more. All Levels Welcome!

**Yoga Workshops at DRUMSTRONG** (Located in Tent Next to the Drum Circle):

Arm Balancing, Christine Navarro	Saturday	3 PM to 5 PM
Partner Yoga, Many Instructors	Saturday	8 PM to 10 PM
Yin & Yang Yoga, Chrys Kub	Sunday	10 PM to 12 PM
Mandala Yoga, Mara Healy	Sunday	1 PM to 3 PM

Mark your calendars for the next Ultra YOGAthon May 18<sup>th</sup> - 20<sup>th</sup> 2012 as we attempt to set the NEW record with the **Guinness Book of World Records** for the longest group yoga class!



drumSTRONG  
| drumming to BEAT cancer!

