



# April 2011 Workshops

www.thehub-la.com 310.575.4200

2001 s. barrington ave. suite 150, los angeles, ca 90025

S	M	T	W	TH	F	S
						
3 200 Hour Yoga Teacher Training with Jay Co	4	5 Tantric Dance of Feminine Power with Nita Rubio @7pm	6	7	8	9 **Nonverbal Communication with Adam Ticknor @10:00am **TranceZenDance with Scott Ishihara @8pm
10	11	12 Tantric Dance of Feminine Power with Nita Rubio @7pm		14 Tantric Purification Practices with Nita Rubio @7pm **Start of Series	15	16 **Darkness Meditation w/ Dayna Mondello @4pm **Tantra Puja with Charu Morgan @7pm
17 Monthly In Depth Study with Chad Hamrin @ 3pm		18	19 Tantric Dance of Feminine Power with Nita Rubio @7pm **End of Series	20	21 Tantric Purification Practices with Nita Rubio @7pm	22 **Intro to Acroyoga23 w/ Lara and Sarah @11am **Acroyoga Inversions Part 2 with Lara and Sarah @2pm
24	25	26 Tantric Dance of Feminine Power with Nita Rubio @7pm	27	28	29	30 Intro to Agape Yoga w/ Jin Lian-Hua @1pm The Four Agreements w/ Don Jose Ruiz @7pm