

SPECIAL DISCOUNT for new students



**YOGA CENTER
OF MARIN**

518A Tamalpais Drive
Corte Madera, CA 94925
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NEW IYENGAR YOGA FUNDAMENTALS

8-week series with ANANDA MA

Wednesdays, Jan. 11–Mar. 1 • 7–8:30 PM

For beginners and those new to Iyengar Yoga.



ANANDA MA is a certified Iyengar Yoga teacher, CIYT-1000. Trained at the Iyengar Yoga Institute of San Francisco, her goal as a teacher is to inspire authentic experiences that lead to the art of integrating body, mind and action. She had the honor of taking classes in Pune, India with Geeta Iyengar that allowed her to practice asanas with greater effectiveness, ease, and stability. Ananda brings a spirit self-encouraging mindfulness to nurture the very core of your being in her teaching. She is also a graduate of the American College of Traditional Chinese Medicine. Her experience in Chinese Medicine enriches her practice and teaching of Iyengar yoga.

Learn the foundations and discover body alignment through basic yoga postures that increase strength and flexibility. Props are used to provide an insightful evolution not only in your body, but your mind and spirit, too. Students are encouraged to attend consistently throughout the series to progressively integrate body alignment and develop an understanding of the transformative power of Iyengar yoga.

TUITION FOR 8-WEEK SERIES:

- Preregistered: \$120/8 classes
- SPECIAL DISCOUNT for new students: \$80/8 classes
- Drop-in: \$20/class

Use this form to register or register online. Pre-registration is encouraged for all workshops.

WORKSHOP/dates: 8-Week IYENGAR YOGA FUNDAMENTALS SERIES with Ananda Ma

Name: _____
 Address: _____
 City, State, Zip: _____
 Phone: _____
 email: _____

HOW DID YOU HEAR about this series? Flyer Website
 Ad Friend Drive/walk by Other _____

PAYMENT BY: check MC/VISA AMOUNT: _____
 Card #: _____ Exp date: _____
 Name on card: _____
 Card billing address: _____

 Please sign
 Signature: _____

CHECKS PAYABLE TO: Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925
FOR A COMPLETE SCHEDULE of our classes and workshops, check our website at www.yogacenterofmarin.com



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