



**YOGA CENTER
OF MARIN**

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yogacenterofmarin.com

IYENGAR YOGA A MINDFULL PRACTICE

3-Day Weekend Intensive

with ANANDA MA

Oct. 27, 28 & 29, 2017 • FR: 6-8 PM • SA: 1-5 PM • SU: 8:30 AM-12:30 PM



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.

Yoga is a life-long practice for all ages that works with the body you have today. As we age, balance, stability, mobility and stress relief becomes an important part of daily health. This first level Intensive is taught at a moderate pace and includes active and calming poses, breath work and yoga philosophy as the ancient tradition of meditation and introspection. Yoga is, at its most simple, union – the union of mind, body and spirit. In Iyengar Yoga, this search for union begins with ongoing practice of the yoga asanas (postures) with a focus on exact alignment.

To help build a firm foundation and reconnection, as well as an appreciation for what supports and embraces you each day, the Iyengar Yoga method can help develop confidence and direction. You will find personalized attention with creative modifications and prop use so you are learning what makes yoga easier to understand, more approachable and supportive of each person's level and ability of **yoga practice**.

In the INTENSIVE, Ananda will be reminding you to hear, listen, observe, see, watch, give, be aware – pay attention to the breath, to your physical body, and to your mental state. All of this attention to the present moment is deeply stress relieving as the mind is asked to be present. ATTENDING a full weekend of Iyengar Yoga can be an uplifting way to awaken the higher effects of yoga, make personal progress and discover rejuvenating calming, and quieting yoga life skill. All are welcome!

Participate in the roots and tradition of Iyengar Yoga

Gain comprehensive knowledge of asanas, breathing, meditation and Yogic philosophy

Cultivate energetic clarity, personal refinement, and a balanced approach first in yoga, then off the mat, in life

THIS WORKSHOP:

- All levels
- Preregistered **by Oct.20**: full weekend: \$180; any 4-hour session: \$80; Fri 2-hour session: \$35
- **AFTER Oct. 20** (or drop-in): full weekend: \$200; 4-hour session: \$90; 2-hour session: \$45

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

WORKSHOP/Date/Time: IYENGAR YOGA: a Mindfull Practice (weekend intensive) with ANANDA MA / Oct. 27-29, 2017

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

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

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

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



08/18/2017