



**YOGA CENTER
OF MARIN**

518A Tamalpais Drive
Corte Madera, CA 94925
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yogacenterofmarin.com

DEVELOPING & MAINTAINING A HOME PRACTICE

with **SUZANNE KANNER**

Saturday, January 13, 2018

2:30–4:30 PM



IT'S A NEW YEAR! We often have good intentions about practicing yoga at home regularly, but many internal and external distractions and the feeling of not knowing exactly what to do can keep us from it. In this workshop we will develop strategies to overcome those obstacles and create sequences that can be practiced at home. You will go away with resolve to maintain your practice and with handout materials to inspire you!

SUZANNE KANNER is a popular Marin County yoga teacher with over 30 years of teaching experience. Co-founder and director of the Yoga Center of Marin, she is an Intermediate Level certified Iyengar Yoga teacher who has studied several times in India with the Iyengars, as well as with many senior teachers in the US and Europe, including Ramanand Patel, Manouso Manos, Patricia Walden, Gabriella Giubilaro, Judith Laster, and Kofi Busia. Suzanne's teaching is precise and inspiring, challenging, yet nurturing. Under her guidance students deepen and expand their yoga practice, learning to restore, and rejuvenate body, mind, and spirit. Besides teaching regular classes, Suzanne specializes in therapeutic and prenatal yoga.

THIS WORKSHOP:

- All levels
- \$40/pre-registered;
\$45/drop-in

Please use this form to register. Pre-registration is encouraged for all workshops.

WORKSHOP/date & time: DEVELOPING & MAINTAINING A HOME PRACTICE with Suzanne Kanner

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: _____

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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



12/29/2017