



**YOGA CENTER
OF MARIN**

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

IYENGAR YOGA – ABOUT BALANCE

with ANANDA MA

Saturday, June 9, 2018 • 2:00-5:00 PM



Yoga is about union - a higher state of relationship and a higher state of consciousness. Participants will learn creative actions in therapeutic asanas, the “ha” and “tha” of alignment for balancing and equalling the solar and lunar currents, with the aim of deepening self-awareness.

Ariane Wlasak L.Ac. better know as ANANDA MA, is a California licensed Acupuncturist, Herbalist with a Masters degree from the American College of Traditional Chinese Medicine (ACTCM) in San Francisco. Her private practice in Marin County embraces authenticity in body, mind and soul. She is a certified Iyengar Yoga Teacher CIYT-1000 who trained at the renowned Iyengar Yoga Institute of San Francisco and a Yoga Therapist with the International Association of Yoga Therapists (C-IAYT). Ananda extends her boundless gratitude to renowned senior teacher Manouso Manos, Brian Hogenkamp, Cynthia Bates and the Iyengar family in Pune for mentoring her to bring precision, humor and intelligence into her teaching practice. Ananda commits to empowering you in the process of restoring optimal health using detailed compassionate lightness combined with the universality of the Iyengar approach. For a complete calendar of Ananda's classes visit: <http://www.anandamayoga.com/>

THIS WORKSHOP:

- All levels
- \$45 pre-registered **(by June 2)**
- \$55 pre-registered after June 2 or drop-in

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

WORKSHOP/Date/Time: DE-STRESS: A RESTORATIVE WORKSHOP with ANANDA MA / June 9, 2018 • 2-5 PM

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: _____
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 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



05/03/2018