



**YOGA CENTER  
OF MARIN**

518A Tamalpais Drive  
Corte Madera, CA 94925  
**(415) 302-8457**  
yogacenterofmarin.com

# IT IS TIME FOR RELAXATION!

## A Restorative Workshop with ANANDA MA

**Saturday, July 28, 2018 • 2:00-5:00 PM**



This workshop will be devoted to the wholeness of yoga, its integrative effect that brings balance.

Participants will learn the use of props to create a subtle bridge of conscious connection with body, mind, and soul.

*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 July 21)**
- \$55 pre-registered after July 21 or drop-in

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

WORKSHOP/Date/Time: IT'S TIME FOR RELAXATION! A Restorative Workshop with ANANDA MA / July 28, 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: \_\_\_\_\_  
 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](http://www.yogacenterofmarin.com)



05/03/2018