

SPECIAL DISCOUNT for new students



**YOGA CENTER
OF MARIN**

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

EASY PACE IYENGAR YOGA

with ANANDA MA

Sundays • 8:30–10:00 AM



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.

This regular Sunday class is taught at a more moderate pace and includes active and passive poses. You will find personalized attention with creative modifications and prop use for stamina and physical confidence. Each class is different from the one before, so you are learning movements and actions that make a yoga pose easier to understand and more approachable for specific conditions. Includes modifications for standing poses both upright and inverted. *All body types and abilities are welcome.*

TUITION (Levels 1–3):

Preregistered:

- \$110/5 classes (2 months)
- \$160/8 classes (3 months)
- \$280/16 classes
- SPECIAL DISCOUNT for new students: \$75/5 classes (2 months)

Drop-in: \$24/class

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

WORKSHOP/dates: EASY PACE IYENGAR YOGA CLASS with Ananda Ma

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

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

 Please sign
 Signature: _____

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

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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