

SPECIAL DISCOUNT for new students



**YOGA CENTER
OF MARIN**

518A Tamalpais Drive
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yogacenterofmarin.com

EASY PACE/STEP IT UP! IYENGAR YOGA

with ANANDA MA

Thursdays • 8:45–10:15 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 Thursday class is for beginners with a minimum of 6-months experience doing Iyengar Yoga. The foundation of the method is continued through standing poses, shoulderstand and introduction to headstand, forward extensions, twists and restorative poses. In this class, students build their strength and stamina, and expand their repertoire of yoga poses, and get an introduction to breath awareness. Modifications are given to bring health to an injury. *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/STEP IT UP! IYENGAR YOGA CLASS with Ananda Ma

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



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