

Iyengar Yoga Weekend

August 17 - 19, 2018

with Intermediate Senior III Certified teacher

Rebecca Lerner

Friday evening, Saturday morning & afternoon classes
at Fine Spirit Studio, Ithaca NY

Sunday morning class at Halstead Hill Yoga Studio, Owego NY



Rebecca is a seasoned and respected teacher in the Iyengar community. A longtime student of Shri B.K.S. Iyengar and Geeta Iyengar, she has a gentle yet dynamic teaching style that brings each student a heightened yogic experience.

• Friday 8/17 6 - 8:30 pm Forward Extensions, Twists and Inversions

Learn to create space within seated forward bends and twists. Experience the dynamic actions of inversions that lead to balance and mental quietude in these postures.

• Saturday 8/18 8/18 9:30 am - 12:30 pm Standing poses, Backbends, and Inversions

Standing postures are foundational - they help us improve the basics of how we stand and move. Backbends open the front body and strengthen the back body, going right to the "heart" of yoga. Inverted poses bring balance to the system.

• Saturday 8/18 2:30 - 5:00 pm Restorative Poses and Pranayama

Experience poses and breath work that remove fatigue and bring the mind inward towards a state of peace and repose.

• Sunday 8/19 10:00 am - 1:00 pm Ropes Workshop

(Please note that this component of the weekend is at a different location. Ropes are limited to 14 people and will be filled on a first-come first served basis.)

The rope wall brings a fresh perspective to your understanding of the asanas. Postures can be held longer, giving the practitioner an opportunity to refine the breath and go deeper into the experience.

REGISTRATION INFORMATION

Attend individual workshops OR register for all 3 on Friday and Saturday for a reduced fee. Register & pay separately for Ropes workshop (see below).

To register, please make check payable to "Lisa Tsetse" and mail along with registration form below to Lisa Tsetse, 501 Linn St., Ithaca, NY 14850.

Contact info for Lisa: 607-339-6761 or by email: ltsetse65@gmail.com

Name: _____

Phone: _____ Email: _____

Check session you will attend:

- Full workshop - Friday and Saturday paid **before** 7/27 \$150
 Full workshop - Friday and Saturday paid **after** 7/27 \$175
 Friday only \$65 Sat. AM only \$75 Sat. PM only \$65
 Sunday Ropes Workshop \$80

