

Iyengar Yoga Weekend

August 16 - 18, 2019

with Advanced Junior I Certified teacher

Rebecca Lerner

All Friday and Saturday classes held at Fine Spirit Studio, Ithaca NY
Sunday morning class held 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 8/16 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 8/17 9:30 am - 12:30 pm Standing poses, Backbends, and Inversions

Standing postures 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. Inversions balance system.

• Saturday 8/17 2:30 - 5:00 pm Restorative Poses and Pranayama

These poses and breath work can remove fatigue and bring the mind towards a state of peace.

• Sunday 8/18 10:00 am - 1:00 pm Ropes Workshop

Held at Halstead Hill Yoga Studio in Owego.

Ropes are limited to 14 people and will be filled on a first-come first-served basis.

The rope wall supports a deeper understanding of the asanas. Postures can be held longer, and breath awareness can be refined.

REGISTRATION INFORMATION

Register for all three Friday & Saturday workshops for a reduced fee!

Or register & pay separately for Fri/Sat individual workshops & Sunday Ropes workshop.

Payment methods include:

- 1) Register & pay online at: lyengar-yoga-weekend.eventbrite.com, or
- 2) Pay by check to "Lisa Tsetse" & mail registration form below with check to
Lisa Tsetse, 501 Linn St., Ithaca, NY 14850

Name: _____

Phone: _____ Email: _____

Check session you will attend:

___ Full workshops on Friday and Saturday paid before 7/26 \$150

___ Full workshops on Friday and Saturday paid after 7/26 \$185

___ Friday only \$65 ___ Sat. AM only \$75 ___ Sat. PM only \$65

___ Sunday Ropes Workshop \$80

To contact Lisa: Phone 607-339-6761 or email ltsetse65@gmail.com

For updated information: lyengar-yoga-weekend.eventbrite.com

