

A Weekend of Yoga with Mary Reilly, Senior Certified Iyengar Yoga Instructor

While no previous Iyengar yoga experience is necessary, participants in this workshop will explore the foundations and innovations of yoga as it is practiced in the Iyengar tradition. This includes a progressive approach to each pose, and a continuity of attention to detail from pose to pose.

As the yoga asanas (poses) are developed, stability, vitality, clarity and wisdom are brought about on many levels in the practitioner, as well as the more commonly known benefits of balance, strength, flexibility and the ability to relax and concentrate.

Mary Reilly has been teaching yoga for more than twenty years and is the director of North Woods Yoga Studio in Petoskey. Mary studies regularly at the Ramamani Iyengar Yoga Institute in Pune, India, most recently in January of 2008. She also serves the Iyengar National Association on the certification and scholarship committees. Mary's teaching is accessible, rich in detail and imagery, and helps students find awareness and growth in their practice.

Location:

All classes will be held at the Studio on Main, above the Frankfort Deli, At 402 Main Street, downtown Frankfort, Michigan.

The class schedule is as follows:

Friday, June 26: 6-8 pm

Saturday, June 27: 10 am—12:30 pm Saturday, June 27: 4-6:30 pm

Sunday, June 28: 10 am—12 noon

To Register:

Please fill out the form on the reverse side and include it with the full amount, or a \$50 deposit to reserve your space. Early registration is available until June 1. This workshop is limited to 25 students and priority will be given to those registering for the entire weekend.

Limited props are available. If you have them, please bring your own blankets, blocks and a strap.

Questions? Call Audrie Brown @ 231.651.0983
or email laudriebrown@gmail.com

Registration Information:

Your Name _____

Address _____

Email Address _____

Phone #s _____

Amount Enclosed _____

Fees:

Full Weekend

Early Registration \$125
After June 1 \$140

Individual Classes (please circle your choices)

2-hour classes: \$30 each
Saturday morning
Saturday afternoon

2 1/2-hour classes: \$40 each
Friday evening
Sunday morning

Please send full amount or \$50 deposit to hold your place to: Audrie Brown, 14090 Deer Valley Lane Beulah, MI 49617

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Beulah, MI 49617
laudriebrown@gmail.com



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With Mary Reilly

June 26-28, 2009

At the Studio on Main
Frankfort, Michigan