Cultivating awareness.
Attention with intention…
Celebrating presence

Classes to bring increased engagement, focus and energy to your practice...

North Woods Yoga
316 1/2 East Mitchell
Petoskey, MI 49770

The Joy of Yoga & The Yoga of Joy

A Weekend of
Iyengar Yoga
with Mary Reilly
July 23-25, 2010

Friday 5:30-7:30 pm
Jump for Joy

The Iyengar tradition has a joyous approach to the Surya Namaskar practice. Asanas (poses) are done in a continuous flow and brought into interesting combinations.

Although students must have a basis in standing poses, the vinyasa or flowing sequences will be demonstrated, and some alternative options will be offered, so experienced beginners are also welcome. We will finish with cooling restoratives to insure a good night's rest.

Saturday 8:30-11
Backbend Playground

North Woods Yoga has added to its store of wonderful wooden yoga props, and many of these new arrivals make back bending more enjoyable and understandable.

After a sequence to get ready, students will go through a course on the props developing backbends. This approach was introduced during Mary's month of study in Pune India in February of this year. 6 months Iyengar yoga or permission of instructor requirement.

Props will be available for order if you love it!

Saturday 2-4:00 pm
Cooling & Soothing

This restorative class will offer restoratives appropriate to the student's level of experience, from beginner to advanced.

Sunday 8-9:00 am
Pranayama

Breath work for those with one year Iyengar yoga experience.

Sunday 9:30-11:30
Yoga for your Back

Common Therapeutics for easing back discomfort

Using common yoga props, we will explore how to use poses and traction to create space and freedom in the back.

Sunday 1-4
Teacher Training

Contact Mary at msreilly@freeway.net

Location

North Woods Yoga
316 1/2 East Mitchell 3rd floor (above the GT Pie shop)
Petoskey, MI 49770

Registration

Price of entire workshop: $108

Friday	_____	$30
Saturday am	_____	$35
Saturday pm	_____	$30
Sunday am	_____	$30
Pranayama	_____	$15

Name_____

Address_____
_____

City _____

Zip _____

Email _____

Phone _____

Check off classes you are taking and send enclosed check to:
Mary Reilly
5586 Fisher Road
Harbor Springs, MI 49740