



955 Cherry SE  
Grand Rapids, MI 49506



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# JEWELS FROM INDIA AN IYENGAR WORKSHOP WITH MARY REILLY



Friday, March 23, 2012 thru  
Sunday, March 25, 2012

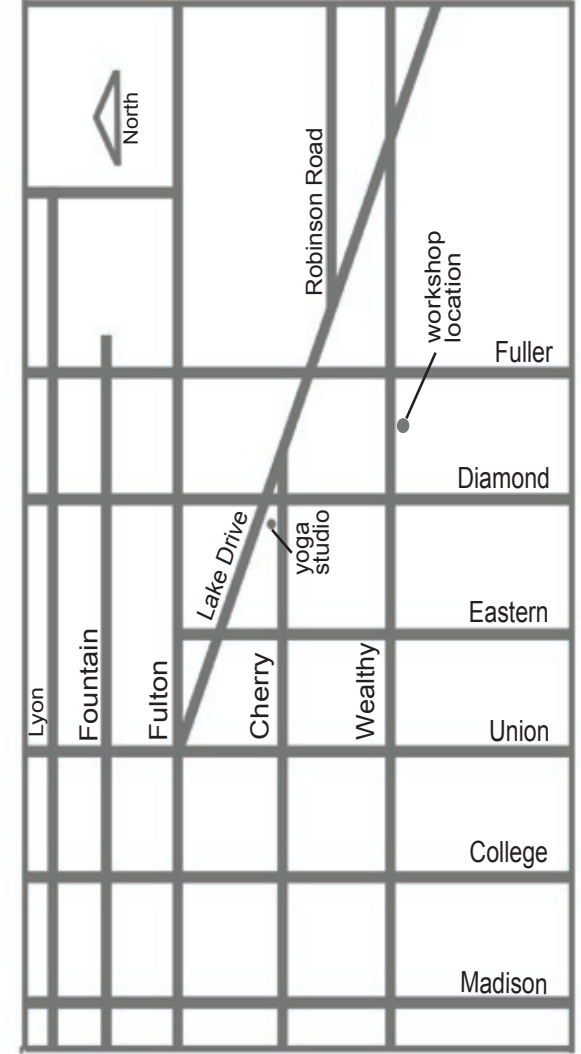
1110 Wealthy Street S.E.  
Grand Rapids, MI 49506

## MAP

**Workshop location:**  
1110 Wealthy SE,  
Grand Rapids, MI  
49506

2 doors west of  
Wealthy Theater

Parking is available  
on street and behind  
the building



# JEWELS FROM INDIA

## ***AN IYENGAR WORKSHOP WITH MARY REILLY***

**Mary Reilly** is a senior certified Iyengar teacher. She has been director of North Woods Yoga, the Northern Michigan Iyengar Yoga Center in Petoskey for over twenty years. Mary studies regularly at the Ramamani Iyengar Yoga Institute in Pune India. Mary will share her insights and inspirations from her latest trip there in February of 2012. Her teaching embodies the clarity and accessibility of Iyengar yoga.

## REGISTRATION

To register, send full amount or a \$50 deposit to reserve your place. Early registration price is available until February 27. Make checks payable to The Yoga Studio and mail to:

The Yoga Studio  
955 Cherry SE  
Grand Rapids, MI 49506

*Six months or more of yoga experience is recommended for this workshop and different levels of experience will be accommodated.*

*The workshop space is limited and priority will be given to those enrolling for the entire weekend.*

*Limited props are available. Please bring a mat, blankets, blocks and a strap if you have them.*

## SCHEDULE

**Friday Night: March 23**

**6:00- 8:00pm**

***From Earth to Ether: Building on Foundations***

This class will feature the core standing and seated asanas and the actions that ground the yogi, cultivating stability.

Finding this body awareness in asana brings lightness and agility to all actions

**Saturday Morning: March 24**

**9:30pm -Noon**

***Tapas and Santosa***

Learn to love backbends! Discover the base of actions in backbending, the joy they can bring, and how to restore balance after the practice.

**Saturday afternoon: March 24**

**2:30-5:00pm**

***The Revolving Asanas***

Action and surrender, practice and detachment. Twists bring us to our inner work and let us drink from the well of consciousness.

**Sunday morning: March 25**

**10:00am- 12:30pm**

***Pranayama and Asana***

Pranayama allows us to fully integrate the asana work. A complementary restorative asana class will help us delve deeper in to the realm of our soul in Pranayama.

## LOCATION

The workshop will be held at:

1110 Wealthy SE, 49506

This is 2 doors west of the Wealthy Theater. Parking is available on the street and behind the building.

## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

- Entire workshop \$175\*
- Early Registration (2/27) \$150
- Friday night \$45
- Saturday morning \$45
- Saturday afternoon \$45
- Sunday morning \$45

Total enclosed: \$ \_\_\_\_\_

**You will be notified only if the workshop is full.**

For more information, send an email to [info@gryoga.com](mailto:info@gryoga.com), call (616) 776-0836 or visit either of the websites: <http://www.gryoga.com> or <http://www.northwoodsryoga.com>