

Your check and registration form will reserve your place; confirmation of registration will be emailed or phoned. Refunds will be given only if requested more than two weeks before the workshop, less \$25 dollars cancellation fee.
Registration will be closed once workshop is full.

Checks sent to and payable to AASY, 420 W. Huron, Ann Arbor, MI 48103

Name_____ Telephone _____
Address _____
City _____ State _____ Zip _____
Email _____
Registering for October 21-23 _____ April 21-23_____ July 7-9 _____
Are you and Iyengar Yoga teacher? _____
Briefly describe your yoga experience. Attach extra paper as needed.

Please check one:
Entire weekend AASY member \$225, non-member \$250
Asana and Pranayama AASY member \$175, non member \$200

Workshop students who would like to attend or observe any regular classes offered the week prior to the weekend are warmly invited.
AASY Drop-in fees: non-member \$18, AASY member \$15 per class.
Observing will be free that week. Check website for schedule.

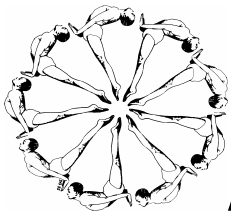
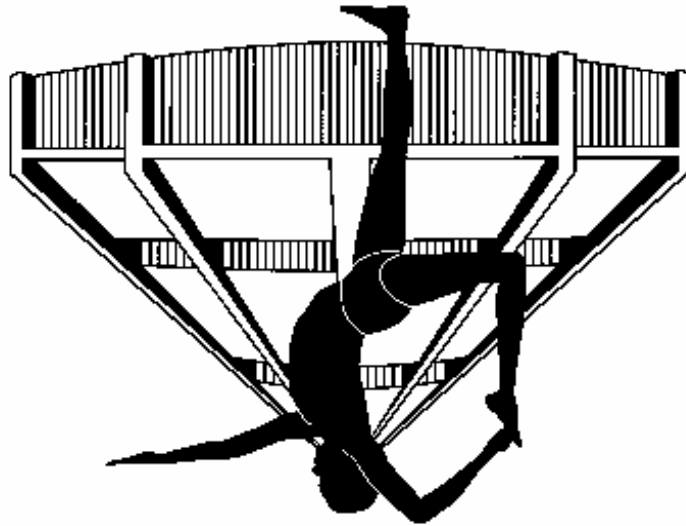
- 10 hours of in-depth advanced Asana classes that include asana from all categories of poses, including inversions with variations, difficult backbends, and arm balancings. Participants must be able to do independent 5 minute inversions, and push up into a back bend with straight arms, and have no significant health problems.
- 2 hours of Pranayama classes covering seated, supine, and digital pranayamas.
- 6 hours of Teacher Training classes that will focus on preparing teachers for assessment in Iyengar Yoga. These classes are also open to any serious students who may be interested in teaching pedagogy.

Program schedule

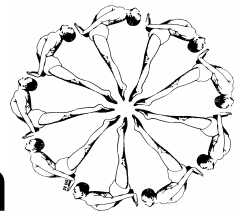
Friday	Teacher Training	2:30-4:30 pm
	Asana	5:00-7:30 pm
Saturday	Pranayama	8:00-9:00 am
	Asana	9:30-12:00 noon
	Teacher Training	2:30-4:30 pm
	Asana	5:00-7:30 pm
Sunday	Pranayama	8:00-9:00 am
	Asana	9:30-12:00 noon
	Teacher Training	12:30-2:30 pm

Location: Ann Arbor School of Yoga, 420 W. Huron, Ann Arbor, MI 48103

Visit www.annarborschoolofyoga.com for Schedule



Ann Arbor School of Yoga



Announces three

Iyengar Yoga Weekend Intensives

Mar. 15-17, '08 July 12-13 '08, Oct. 3-5, '08

420 W. Huron, (across from the new Y), Ann Arbor, MI

The weekend program, taught by Iyengar Certified Senior Intermediate 3, Laurie Blakeney, will include in-depth advanced Asana and Pranayama classes as well as Teacher Training classes. Laurie has been teaching Iyengar Yoga in Ann Arbor since 1977. She has studied annually with the Iyengars in Pune since 1983. She has served the community as curriculum chair for National Conventions, chaired the Certification Committee, and has been an IYNAUS Assessor since 1990. Her style is fun and direct, the information she shares is easy to understand and astute.

Join us for a weekend of deep study and enjoyment.