

Mary Reilly

Teaching since 1982, Mary has been devoted to yoga and to the Iyengar tradition for over three decades. Mary has studied regularly at the Ramamani Iyengar Memorial Institute in Pune, India and most recently studied there in November of 2018. Mary credits this type of immersion study with enabling her to access the depth and clarity of yoga, and helping her to guide her students to uncover it as well. Mary was certified at the Intermediate Senior II level by B.K.S. Iyengar and directs North Woods Yoga, the B.K.S. Iyengar Center of Northern Michigan in Petoskey. (northwoodsyooga.com). Mary has been leading Iyengar yoga retreats in northern Michigan for over 20 years.



Iyengar Yoga

From the teachings of B.K.S. Iyengar, this tradition offers clear precise instruction to access the inherent architecture of each asana, which helps students of all abilities access the benefits of yoga. These include a better sense of balance, greater strength and coordination, and the cultivation of meditative awareness.

Mary Reilly
5586 Fisher Road
Harbor Springs, MI 49740

Iyengar Yoga and Consciousness, an exploration of Asana and Pranayama

A Retreat for
Students and Teachers



June 7-9, 2019

*Classic poses, when practiced with discretion
and awareness, bring the body, mind and
consciousness into a single harmonious
whole.*

B.K.S. Iyengar

With Mary Reilly
North Woods Yoga Studio
316 1/2 East Mitchell, 3rd floor
Petoskey, Michigan

Yoga helps the body to become vibrant, the mind harmonious and both body and mind in tune with the essence, the soul. B. K. S Iyengar

Studying yoga in a format of longer classes and focused topics can bring the power of practice to a new fruition. The longer time frame allows for more time to work and absorb, and more time to restore and relax afterward. These current offerings will take place at the North Woods Yoga studio, well equipped with a rope wall and many of the special props that B.K.S Iyengar designed. These classes can be taken singly or as a whole weekend workshop.

Friday's evening's class, Awareness and Attention: Creating a Seat of Consciousness in Asana, is appropriate for all North Woods Yoga or Iyengar Yoga students. This class will utilize basic asanas as a way to access deeper work. Synchronizing various elements of each asana brings them to a cohesive whole, enabling the experience of stability for mind and body. Open to all continuing students of Iyengar yoga.

Saturdays morning's class Open Heart Yoga, Discovering the Freedom in Backbending Asanas will guide participants in how to cultivate the openings and strength necessary to be in backbends with awareness and joy. This class is open to all Iyengar students of one year or more experience, and will be taught with options for less experienced students and those working with special conditions.

Saturday early afternoon Exploring the Roots of the Yogic Philosophy: Patanjali's Yoga Sutras will be discussed.

Saturday late afternoon class, Nerve Tonic, Asanas to Soothe Body, Mind and Breath. Learn to relieve stress from the body and address physical and mental tension, paving the way for Pranayama and Dhyana, Meditation.

Sunday Mornings Asana class Turning Inward, will focus on twists, forward bends and balances. One year of Iyengar Yoga is required for this class.

Pranayama will be offered **Saturday and Sunday morning**, one year of Iyengar Yoga is required for these sessions.

The teacher training is for those currently teaching Iyengar yoga or those with three years experience as an Iyengar Yoga student who are considering teaching. More information will follow for those registered for these sessions.

Schedule & Price

The cost for the whole weekend without teacher training: \$185. The 7 hours of teacher training is an additional \$100. (Friday \$60/ Sunday \$40) Individual sessions are \$35 for two hours, \$45 for three hours, \$20 for Pranayama and \$20 for Philosophy.

Friday
2-5:00 pm Teacher Training
5:30-7:30 pm Asana: *Awareness and Attention: : Creating a Seat of Consciousness in Asana*

Saturday morning
7:30-8:30 am Pranayama
8:30-9:00 am Tea and Coffee
9:00 am-12:00 pm Asana: *Open Heart Yoga, Discovering the Freedom in Backbending Asanas*
Lunch

Saturday afternoon
2:30-4 00 pm *Exploring the Roots of the Yogic Philosophy*
4-6:00 pm *Nerve Tonic, Asanas to Soothe Body, Mind and Breath*
Dinner

Sunday
7:30-8:30 am Pranayama
9-11:00 am Asana: *Turning Inward*
11:30 am -1:30 pm Teacher Training

Mail Registration with check to:

Mary Reilly
5586 Fisher Road
Harbor Springs, MI 49740

June 7-9, 2019

Name: _____

Address: _____

Email _____

Phone (cell preferred) _____

Yoga experience _____

Physical issues impacting yoga practice _____

Please check which sessions you will attend:

Whole workshop _____

Workshop with teacher forums _____

Friday teacher training _____

Friday asana _____

Saturday pranayama _____

Saturday philosophy _____

Saturday asana AM _____ PM _____

Sunday pranayama _____

Sunday asana _____

Sunday teacher training _____

Amount enclosed _____

For questions please e-mail Mary at

maryreilly36@gmail.com

Online registration is available at northwoodsyo.com