

## 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 has plans to study there again 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](http://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 ability to relax.

Mary Reilly  
5586 Fisher Road  
Harbor Springs, MI 49740

## Harvest Yoga Weekend *Changing Light, Changeless Light*

A Retreat for  
Students and Teachers



October 12-14, 2018

*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** class is appropriate for all North Woods Yoga or Iyengar Yoga students. This asana class will address areas of common constriction, hips, shoulders and a closed chest. Synchronizing various elements of each asana and bringing them to bear on the next asana cultivates meditative awareness.

**Pranayama instruction will be offered both Saturday and Sunday morning.** Coffee, tea and fruit will be offered after pranayama and before asana.

**Saturdays morning** class will guide participants in a way of practicing to lighten the spirit during the challenging low light days of the coming season. 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 afternoon** options include some fun creative ways to bring spirit into our lives: creating an altar, a journal, creating your own tea blend, and the use of essential oils. A session of chanting will follow, and a class designed to restore and bring good sleep will round out our day. A catered harvest dinner at the studio will follow for those opting in. (this option will be sent to those registering).

The asana class after the **Sunday** pranayama will feature a practice to cultivate strength and balance.

The teachers forum 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 forums: \$180 (scholarships available) The teacher forums are each an additional \$40, or a package price of \$250. Individual sessions are \$35 for two hours, \$45 for two and a half hours, \$20 for Pranayama and \$25 for the Saturday afternoon options.

### Friday

1-3:30 Teachers Forum

4:15-5:15 Philosophy Primer, free

5:30-7:30 Asana: winter unknitting projects (free your tight hips and shoulders, open your chest!)

### Saturday morning

8-9:00 Pranayama

9-9:30 Tea and Coffee

9:30-12 Asana (See more Light', help for the winter blues, or Seasonal Affective Disorder, SAD. A brisk winter practice including ways to practice if you have restrictions.)

Lunch

### Saturday afternoon

2 pm : Film of B.K.S. Iyengar

3-4 pm Choose from: make your own tea blend, create an altar, make your own journal, learn about essential oils

4-4:30 Simple Chanting as a meditative practice, free

4:30-6:30 Asanas for Good Sleep and to calm the nerves.

7:00 Harvest Dinner

7:00 Harvest Dinner

### Sunday

8-9 am Pranayama

9-9:30 Tea and coffee

9:30-11:30 An Asana practice to cultivate Strength and Balance

11:30 -1:30 Teachers Forum

## Mail Registration with check to:

Mary Reilly  
5586 Fisher Road  
Harbor Springs, MI 49740

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 forum \_\_\_\_\_

Friday asana \_\_\_\_\_

Saturday 3:00 session (pick two from options: tea, altar, journal and oils) \_\_\_\_\_

Saturday asana AM \_\_\_\_\_ PM \_\_\_\_\_

Sunday pranayama \_\_\_\_\_

Sunday asana \_\_\_\_\_

Sunday teacher forum \_\_\_\_\_

Amount enclosed \_\_\_\_\_

For questions please e-mail Mary at

[maryreilly36@gmail.com](mailto:maryreilly36@gmail.com)

Online registration is available at [northwoodsyo.com](http://northwoodsyo.com)