

A WEEKEND OF IYENGAR YOGA

with Mary Reilly

Experience the profound intelligence of an Iyengar yoga practice. Immersing yourself in longer classes with focused topics allows for more time to work and absorb, and more time to restore and relax afterward. Let Mary's passion for teaching guide your practice to a new depth of understanding.

When signing up for the whole weekend by April 8th, you qualify for a special early registration rate!

REGISTRATION

To register, please visit gryoga.com or complete the Registration form attached and mail with payment to:

The Yoga Studio
959 Lake Drive SE, Suite 206
Grand Rapids MI 49506.

No refunds after April 22nd will be granted unless your space can be filled. Prior to this date, refunds minus a \$10 processing fee will be granted.

Limited props are available for your use during the workshop. Please bring a mat, 3 blankets, 2 blocks, a belt, and a bolster if you have them.

These classes can be taken singly or as a whole weekend workshop. This workshop is not appropriate for pregnant students.

SCHEDULE

Friday, May 4

6:00 - 8:00pm

The Soul of Alignment: Subtle actions bring vitality to postures promoting alignment as more than just a static state. Through standing, seated, and inverted asanas, we will marry stability with freedom to find the consciousness reflected within. For students with at least 6 months experience.

Saturday, May 5

9:30am - 12:00pm

Stability Marries Freedom - the Joy of Standing Asanas and Backbends: Mobilize your heart and experience the activation of your dorsal spine at every level. For students with at least 1 year experience.

2:30 - 4:30pm

Revolution to Evolution: Seated and standing twists expand our sense of akasa, the element of space or ether. Restoratives will follow, deepening our exploration of inner space. For students with at least 6 months experience.

Sunday, May 6

10:00am - 12:30pm

Uncovering the Balance Within: Hone the inward aspect of your senses with the search for fluidity and balance using forward bends and balancing asanas as the foil for this deepening awareness. For students with at least 1 year experience.

REGISTRATION FORM

Name _____

Address _____ Street _____

_____ City _____

_____ State _____ Zip _____

Phone _____

Email _____

- Entire workshop - \$185
- Early Registration (by 4/8) - \$165
- Friday night - \$49
- Saturday morning - \$49
- Saturday afternoon - \$49
- Sunday morning - \$49

Total enclosed: \$ _____

For more information,
email info@gryoga.com
call (616) 776-0836
visit www.gryoga.com
or www.northwoodsyooga.com

You may also register online at
www.gryoga.com

ABOUT MARY

Mary Reilly began her studies of Iyengar Yoga in Ann Arbor in 1978 as a University of Michigan graduate in Biology. She was among the first yoga teachers in the Midwest to be Iyengar certified and was granted an Intermediate Senior II certificate personally by B.K.S. Iyengar in 2012. Mary has directed North Woods Yoga, the B.K.S. Iyengar Center of Northern Michigan in Petoskey, Michigan since 1986. She served as Chair of Certification of the Iyengar Yoga National Association from 2000-2014. Mary Studies regularly at the Ramamani Iyengar Memorial Institute in Pune India, completing 12 study trips since 1985.

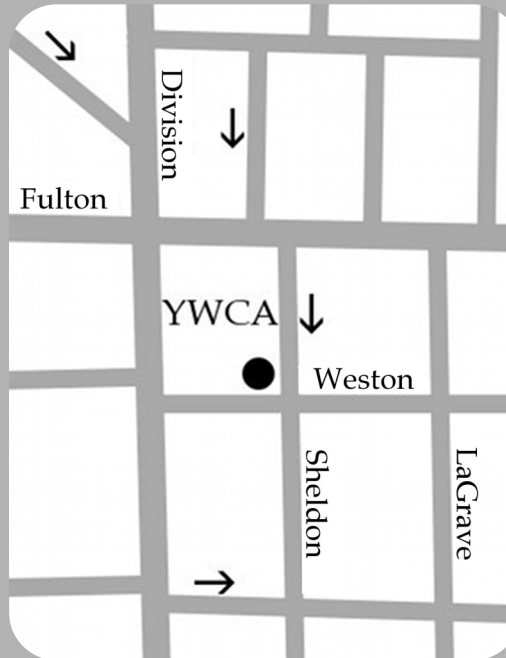


Mary's teaching lets her love of yoga shine through with enthusiasm as well as clarity and precision. Her goal is to help students overcome their obstacles to achieving their full potential in their understanding of yoga.



LOCATION

The workshop will be held at:
YWCA
25 Sheldon Boulevard SE
Grand Rapids, MI 49503



Parking will be available on street. On weekends and after 5:00 pm weekdays, free parking is available in the Spectrum lot on the corner of Weston and Sheldon (entry off LaGrave).



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yoga studio

Grand Rapids' home for
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presents

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Sunday, May 6, 2018

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