



# Iyengar Yoga Workshop

with Dean Lerner

November 3 - 5, 2017

The Yoga Room, Little Italy, Cleveland, Ohio

Certified Advanced Iyengar instructor Dean Lerner is co-director of the Center for Well Being in Lemont, Pennsylvania and teaches workshops across the United States and around the world. He was a longtime student of B.K.S. Iyengar and served a four-year term as president of the Iyengar National Association of the United States. Dean is known for his ability to share the art of yoga with clarity and precision blended with warmth and humor. Join us for inspiring and lively weekend of yoga!

**SCHEDULE** Friday November 3 • 6:00 – 8:30 pm

Saturday November 4 • 9:30 am – 12:00 pm

Saturday November 4 • 2:30 – 5:00 pm

Sunday November 5 • 9:30 am – 12:00 pm

Poses from all categories may be included in any of the classes. The Friday night and Saturday afternoon classes will be more quiet and pacifying, while the Saturday and Sunday morning classes will be active and invigorating. Students of all levels are welcome to attend.

**FEES** Entire weekend postmarked by October 6: \$190. After October 6: \$220. Individual classes: \$60. Priority will be given to students enrolling for the entire workshop.

**REFUNDS** Available until October 6, minus a \$35 fee. No refunds after October 6.

**LOCATION** The Yoga Room • 2026 Murray Hill Road • Little Italy, Cleveland, Ohio

**PROPS** Bring a sticky mat, belt, 3 firm blankets, two blocks and a bolster if you have one. Label your props.

**REGISTRATION** Send full amount or \$60 deposit to reserve your spot. To receive the discounted rate, full payment of \$190 must be postmarked by October 6. No exceptions. Make your check payable to Green Tara Yoga & Healing Arts and mail to Karen Allgire • 1488 Maple Road • Cleveland Hts., OH 44121

**INFORMATION** 216-382-0592 • info@greentarayoga.com • www.greentarayoga.com

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Name \_\_\_\_\_

Address, City, State \_\_\_\_\_ Zip \_\_\_\_\_

Email (please print clearly) \_\_\_\_\_ Phone \_\_\_\_\_

\$190 if full amount (not deposit) mailed by October 6       \$220 if mailed after October 6

Friday \$60     Saturday am \$60     Saturday pm \$60     Sunday \$60    \_\_\_\_\_ Total amount enclosed