



Focus Classes

Saturday Study Day

April 15

Asana:

2:00 – 4:30 pm

Pranayama:

5:00 – 6:00 pm

Saturday Study Day

Stability

For all students who wish to deepen their understanding and practice of yoga. We will explore pranayama (yogic breathing) and asana (poses) while incorporating yoga philosophy. All levels are welcome, but at least one previous session of Iyengar yoga is recommended. A personal copy of Light on Yoga is recommended for continued home study. Join us for just one topic or for the entire afternoon.

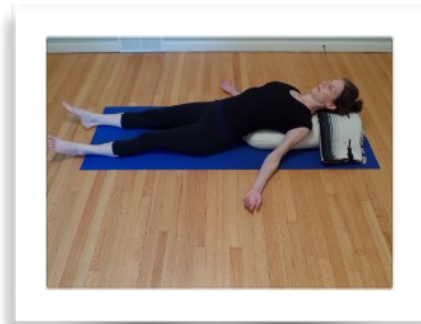
Asana 2:00-4:30 pm. A longer asana class allows us to delve more deeply to experience the transformative power of yoga. According to BKS Iyengar, stability -both mental and physical- is something that we can practice and ultimately master. In asana, stability is achieved by balancing the three gunas, or essential qualities of nature. In this asana class we will explore the gunas in concrete ways through a wide variety of poses.

Pranayama 5:00-6:00 pm Prana is energy, and pranayama is yogic breathing. BKS Iyengar states that "pranayama drives away the impurities of the body and the mind...and the mind becomes fit for concentration and meditation." Supine pranayama will be taught. Through pranayama practice, we experience the gunas with more subtlety as we refine our work with the breath.

All levels welcome. Pre-registration due by April 8.

Saturday, April 15

Alicia Rowe \$40/asana, \$20/pranayama, \$50/entire



Name _____

Phone _____

Address _____ Zip _____

Email _____

April 15 Asana Pranayama Entire Total Enclosed: _____ (Make checks to Alicia Rowe)

Preregistration required by April 8.. Minimum enrollment of 8 students. No Senior discount.