

IYENGAR YOGA

IN THE LOFT



Presents a workshop with

Manouso Manos

June 18-20, 2010

at Iyengar Yoga in the Loft
429 N. 13th Street # 5G
Philadelphia PA 19123

Friday / June 18 / 6-8 pm
Saturday / June 19 / 10-noon; 3-5 pm
Sunday / June 20 / 9-noon

Manouso Manos is one of the most capable and experienced of the Senior Iyengar Yoga Teachers. He holds one of only two Advance Senior certificates granted worldwide by B.K.S. Iyengar.

He began his studies with Sri B.K.S. Iyengar in 1976, and served as chairperson of the First International Iyengar Yoga Convention in 1984. After numerous trips to Pune, India and over three decades of personal practice, his understanding of and insights into Iyengar yoga are conveyed with authenticity and precision.

Methodical in his teaching Manouso lays a solid foundation and progressively refines each of the asanas. His sense of humor and sensitivity shine through as his dynamic and challenging teaching style moves his students beyond their perceived limits.

Prerequisite for attendance: one year of Iyengar yoga practice

Workshop limited to 50 students. Register early to ensure space

Full weekend workshop: \$180.00 if booked
by May 1st; after May 1st \$220.00
Amt. enclosed: _____

Pre-registration and pre-payment are required.
Please mail this form with a check payable to:

Iyengar Yoga in the Loft
429 N. 13th Street #5G
Philadelphia, PA 19123

For more information: 215-627-4097
www.iyengaryogaintheloft.com

NAME _____

ADDRESS _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE # _____

EMAIL _____