

# MARY OBENDORFER & EDDY MARKS

# 87

## IYENGAR YOGA WORKSHOP

All Level Asana, Restorative and Pranayama

Friday March 3rd ~ Monday March 6th 2017

### ABOUT THIS EVENT

*Mary and Eddy by their nature and experience foster a safe and supportive learning environment for all students.*

*This workshop will incorporate both students and teachers with multiple levels of experience.*

*This event will be a general study of Iyengar Yoga for students and teachers who want to elevate their practice, understanding and knowledge.*

*In this Winter workshop we will set aside time for renewal, rediscovery and recommitment to ourselves and our practice.*

*Join us for this weekend schedule of work and rest restoring balance, so that we may find a way to step back into ourselves...*

### WORKSHOP CLASS FEES

**FULL WORKSHOP \$240 6 CLASSES**

(Friday - Monday)

**ASANA/PRANAYAMA \$225 5 CLASSES**

(Friday - Sunday)

**SINGLE CLASSES, SPACE PERMITTING \$55**

**MONDAY AM ONLY \$45**

Send payment in full to reserve your place

Check website for workshop refund policy

### SCHEDULE OF CLASSES

#### FRIDAY

6-8pm

All Levels Asana

#### SATURDAY

9-11:30am

All Levels Asana

11:30-2pm

**LUNCH**

2-4:30pm

Restoratives & Pranayama

#### SUNDAY

9-11:30am

All Levels Asana

11:30-2pm

**LUNCH**

2-4:30pm

Restoratives & Pranayama

#### MONDAY

9:00-11:00

Beginners Level Asana

