

MARY OBENDORFER & EDDY MARKS

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Iyengar Yoga Immersion Weekend All Level Asana, Restorative and Pranayama

March 16-18th & March 19th

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



Mary and Eddy foster a safe and supportive learning environment and experience for all students.

This Immersion is an All Levels event... One Year of Iyengar experience required.

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

We will set aside time for work, renewal, rediscovery and recommitment to ourselves promoting balance in our lives and practice.

Entire Weekend Immersion \$240 6 classes(Friday - Monday)

Asana/Pranayama \$225 5 classes (Friday - Sunday)

Single classes, space permitting \$55

Monday am only \$45