

Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Entire Workshop

_____ \$250

All Levels

_____ \$190

Full days or Single Classes

Saturday, March 31, 2018:

\$95 for both or \$50 per class

_____ Neck and Shoulders 11 am-1 pm

_____ Knees and Hips 2:30 pm-4:30 pm

Sunday, April 1, 2018

\$95 for both or \$50 per class

_____ Strengthening the Core 1 pm-3 pm

_____ Restorative Yoga 3:30 pm-5:30 pm

Monday, April 2, 2018

_____ Intermediate Inversions 12:30 pm-3 pm

Total enclosed \$ _____

(Check /money order to Big Island Yoga Center)

To pay by credit card
please call Reagan at 808.896.8956



BIYC: Our Foundations

Iyengar Yoga is based on the teachings of Indian master BKS Iyengar. It emphasizes precise and careful body alignment, muscular balance, and maximum spinal extension. By using simple props, the Iyengar method helps people of any age or physical condition to practice Yoga safely and derive its benefits. Yoga can enhance athletic performance, ease discomfort from stiff muscles and joints, and reduce the effects of stress.

Purna Yoga is based on the teachings of Sri Aurbindo and The Mother, the Vedas, Patanjali, BKS Iyengar, and the systems of Ayurvedic, Chinese and Western nutrition, synthesized by the personal experience of Aadil Palkhivala and Savitri. *Purna* means "complete," and Purna Yoga distills and integrates the vastness of Yoga into an invaluable set of tools for transformation and healing.

Payment Calendar & Refund Policy

March 24: All payments & any requests for refunds must be received. A refund can only be given if a replacement for your space can be found and a 20% administrative fee will be retained.

• Space is Limited • Register Early •

Priority will be given to those registering for the 2-day workshop.

If you wish to take single days or individual classes, **please send your registration as early as possible.** After March 17, requests will be filled in the order in which they are received, and you will be notified by the registrar.

Registrar: Reagan Breen
808.896.8956
reaganmbreen@gmail.com

Mail to: Big Island Yoga Center
P.O. Box 2233
Kealakekua, HI 967450



DENISE
WENDLER
March 31 ~ April 2, 2018



Stretch
&
Strengthen

Kealakekua
www.bigislandyoga.com

808-896-8956

Denise Wendler's

passion for yoga has taken her all over the world. She began studying yoga in 1985, taking various styles with teachers in California and Japan. In 1992 she took her first Iyengar class and connected with it so strongly that it changed the course of her life. In 1995 she began the teacher training program at the Iyengar Yoga Institute of San Francisco, and in 1996 she started holding small classes in her home. After graduating from the Institute, Denise achieved her goal of becoming a certified Iyengar instructor.

In February, 2005, her passion took her to India, where she studied with the Iyengar family. Her goal is not only to coach people to greater physical strength and flexibility, but also to guide them toward a focused center of self-awareness.

For that is where all great journeys begin.



Workshop Schedule

The Workshop on Saturday and Sunday is ALL-LEVELS. We welcome students with a minimum of six months of yoga practice.

Saturday, March 31, 2018

Yoga for the Neck & Shoulders 1 pm – 3 pm

Tightness and tension in the shoulders and neck can lead to poor posture, neck pain, back pain, and headaches. Learn how to stretch and strengthen the muscles of and around the neck and shoulders, and how to safely release tension and stress.

Saturday, March 31, 2018

Yoga for the Hips & Knees 3:30 pm – 5:30 pm

Strong and flexible hips and knees are important for daily life, but many people suffer from pain in these areas. Working on these areas with yoga can also help to relieve back, ankle and foot issues. In addition to strengthening and toning these areas, we will learn how to modify poses and use props for knee and hip issues.



Sunday, April 1, 2018

Strengthening the Core with Yoga 1 pm – 3 pm

We'll work the entire "core" of our bodies – the lower back, as well as the abdominal and pelvic muscles with this practice. Working on the core can relieve back pain, enhance flexibility, promote better breathing, and improve balance and posture. Join us as we explore how to access this area in a variety of poses.

Sunday, April 1, 2018

Restorative 3:30 pm – 5:30 pm

We'll end our weekend together with a deeply relaxing sequence of restorative poses. The restorative poses rest the organic body, bringing recovery and recuperation to the body, mind and spirit. You'll leave this workshop feeling refreshed.

Monday, April 2, 2018

Inversions 12:30 pm – 3 pm

In this intermediate workshop, we'll focus on ways to practice and improve Sirsasana and Sarvangasana (headstand and shoulderstand – the king and queen of all yoga poses). We will also progress toward variations of these inversions. Inversions tone the muscular system and improve circulation of the abdomen and back. They counteract the effects of gravity on our spine, back, abdomen, and pelvis. Alternative poses will be given, if needed.