

Registration Form

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
E-mail _____

Register for workshop packages:

Entire Workshop

_____ \$100 Deposit (\$270 balance due by 6/1)
_____ \$370 Full Fee (paid by 6/1)
_____ \$400 Full Fee (after 6/1)

Single Day Workshop

_____ Friday 6/28 \$115/130*
_____ Saturday 6/29 \$145/165*
_____ Sunday 6/30 \$130/150*

Friday 6/28:

_____ Asana 10:30pm-12:30pm \$50/55*
_____ Philosophy 2:00pm-2:45pm \$15
_____ Asana 3:00pm-5:30pm \$65/70*

Saturday 6/29:

_____ Pranayama 8:30am-9:30am \$20/25*
_____ Asana 10:00am-12:30pm \$65/70*
_____ Philosophy 2:00pm-2:45pm \$15
_____ Asana 3:00pm-5:30pm \$65/70*

Sunday 6/30:

_____ Pranayama 8:30am-9:30am \$20/25*
_____ Asana 10:00am-12:30pm \$65/70*
_____ Asana 2:00pm-4:30pm \$65/70*

** is the pricing after 6/1*

June 15th: All payments & any requests for refunds must be received. A 75% refund may be given only if a replacement for your spot can be found.

Total enclosed \$ _____

(Check /money order to Big Island Yoga Center)

To pay by credit card, please call
Amanda 507.459.6700



Iyengar Yoga Intensive

DEEPENING YOUR PRACTICE

Most teachers and students have a daily practice and a regular class they attend once a week. Immersing yourself in yoga for 3 days can take your practice to a deeper level where you can really feel the positive, powerful effect of this ancient art and science. Don't miss the opportunity to attend this first of three in a workshop series.

Iyengar Yoga is oriented towards gradual but steady progress, rather than quick and fleeting results. Each class is a unique sequence developed to guide students through a safe and systematic progression. Through skilled instruction and practice, students learn to penetrate beyond the physical body to the inner kosas (layers) of mind, energy and spirit, gaining vitality, clarity and calm through the practice.

Iyengar Yoga is a powerful and sophisticated discipline which can be practiced in all stages of life. The benefits are far-reaching and will assist the practitioner in every aspect of daily living.

Payment Calendar & Refund Policy

By 6/1: Payment in full for Early Bird rate

After 6/1: Full rate applies

June 15th: All payments & any requests for refunds must be received. A 75% refund may be given only if a replacement for your spot can be found.

• **Space is Limited** • **Register Early** •

Preference is given to those registering for the full workshop. If you wish to take single days or individual classes, please send your registration as early as possible.

Registrar: Amanda Griggs 507.459.6700

E-mail: griggsamanda1@gmail.com

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



Iyengar Yoga
with
Ray Madigan
June 28th - 30th, 2019



BIYC
Kealahou
www.bigislandyoga.com

Workshop Schedule

The first in a series of weekend intensives to deepen your understanding of the subject Yoga

Friday, June 28

10:30am-12:30pm:
Asana (from basic to beyond)

2:00pm-2:45pm:
Philosophy Discussion

3:00-5:30pm:
Inversions and restorative

Saturday, June 29

8:30am-9:30am:
Pranayama

10:00am-12:30pm:
Asana (from basic to beyond)

2:00pm-2:45pm:
Philosophy Discussion

3:00-5:30pm:
Inversions and Restorative

Sunday, June 30

8:30am-9:30am:
Pranayama

10:00am-12:30pm:
Asana (from basic to beyond)

2:00pm-4:30pm:
Inversions and Restorative

About Ray Madigan

Ray Madigan is Co-Director of Iyengar Yoga Honolulu and is certified at the Senior Intermediate 3 level. Ray regularly attends the Iyengar Institute in India for intensive study with the Iyengar family. He has mentors and trains teachers for Iyengar certification at the Introductory and Intermediate levels here at BIYC, in Honolulu and abroad. Ray is also a Registered Nurse and enjoys teaching people of all capabilities.

SPECIAL RATE ENTIRE WORKSHOP

17 hours

\$370 by 6/1

\$400 after 6/1

*To qualify for the discounted rate,
full payment must be received
by June 15th, 2019*

Note From Ray:

Dear students of Yoga,

I am pleased to be invited to the Big Island Yoga Center for the first of a series of weekend intensives to deepen your understanding of the subject of yoga. The other two will be held in September and December. I look forward to working with you all to advance the practice and knowledge of Asana, Pranayama and Philosophy.

I hope you all will come and don't feel intimidated. I try to make the practice available to all students who are interested.

Although students may drop in to any session, attendance at each intensive is recommended to gain the most benefit.

Students from all disciplines are also welcome.

Ray