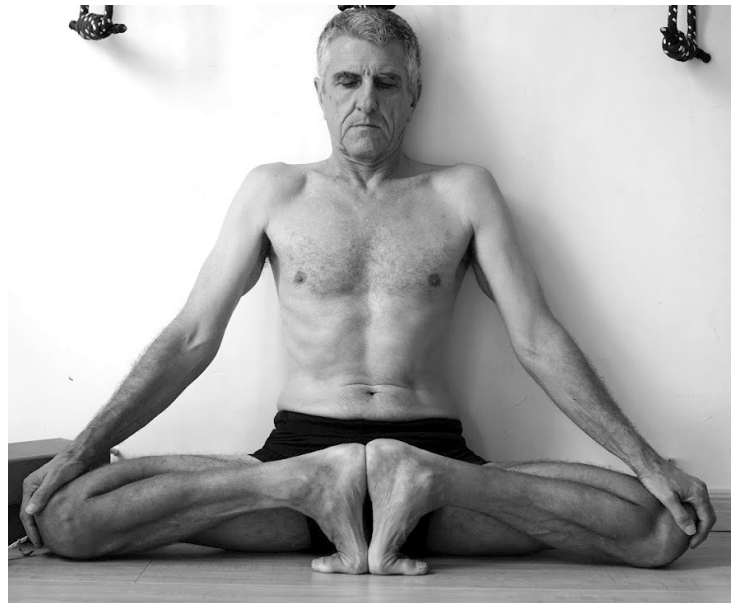


WORKSHOP with RAY MADIGAN

*Certified Iyengar Senior
Intermediate Level 3 teacher*

AUGUST 11 – 12, 2018



Saturday, August 11, 2018

1:00pm - 3pm (2 hours) Twists

An exploration of sequencing that leads to deeper and more effortless twists.

3:30pm - 5:30pm (2 hours) Forward Extensions

An understanding of the Philosophy of Yoga and its application to forward extensions.

Sunday, August 12 Backward Extensions

10:30-1:00pm (2.5 hours)

Understanding Back Bends

2:30-4:30pm (2 hours) Supported Asanas

The afternoon practice will be more restful for the body and involve releasing any grips that may have come from the previous learning.

REGISTRATION

Entire WS \$225.00 - after July 25 _____
\$200.00 - before July 25 _____

Saturday Both Classes \$95.00 - before July 25 _____

Sunday Both Classes \$115.00 - before July 25 _____

Individual Classes

Saturday 1:00 – 3:00 \$50.00 _____

Saturday 3:30 – 5:30 \$50.00 _____

Sunday 10:30 – 1:00 \$75.00 _____

Sunday 2:30 – 4:30 \$50.00 _____

To pay with a credit card ask your teacher or contact Joan Hughes @ 769-0772.

You may cut off the registration portion and attach your check; please give it to your teacher or mail it to: **Big Island Yoga Center, PO Box 2233, Kealahou, HI 96750**
Attn. Joan