

# Iyengar Yoga Workshop

with Rebecca Lerner · March 23-25, 2012

Sheffield Village, Ohio



**Rebecca Lerner** is co-director of the Center for Well-Being in Lemont, Pennsylvania. Rebecca is a Senior II Certified Iyengar Yoga Instructor, and has studied seven times in India with the Iyengars. A devoted and seasoned practitioner since 1976, Rebecca brings keen insight, perception, and depth to her teaching in a clear, concise, straight forward manner. In addition to her public classes at the Center for Well-Being, Rebecca conducts private yoga therapy sessions, has been the resident yoga teacher at the State College Friends School (K-8) since 1992, and is a natural Childbirth Educator.

## SCHEDULE

Friday, March 23: 6:00pm – 8:00pm  
Saturday, March 24: 10:00am - 1:00pm  
Saturday, March 24: 3:00pm - 5:00pm (Restoratives and Pranayama)  
Sunday, March 25: 10:00am to 1:00pm

## COST

Entire weekend postmarked by February 24: \$175; after February 24: \$200.  
Friday: \$50; Saturday am: \$60; Saturday pm: \$50; Sunday: \$60.

## REFUNDS

Available until February 24, minus a \$35 fee. **No refunds after February 24.**

## LOCATION

Yoga Loft in the Village, 5445 Detroit Road, Sheffield Village, Ohio.

## PROPS

Bring a sticky mat, a yoga belt, 3 firm blankets, and 2 yoga blocks.

## REGISTRATION

Send full amount, or a \$50 deposit to reserve your spot. Full payment must be postmarked by February 24 to receive reduced rate. Space is limited, and priority will be given to full weekend registrants.

## INFORMATION

Return this form with your check payable to:  
**Vicky Elwell · 4701 Queen Anne Avenue · Lorain, Ohio 44052**  
440-282-4701 · [vicky@vickyelwell.com](mailto:vicky@vickyelwell.com) · [www.vickyelwell.com](http://www.vickyelwell.com)

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**We will confirm your registration and send information via e-mail. Please print clearly.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

- \$175 (postmarked by February 24)  \$200 (mailed after February 24)  \$50 (deposit)  
 \$50 (Friday pm)  \$60 (Saturday am)  \$50 (Saturday pm)  \$60 (Sunday am)

\_\_\_\_\_ Amount enclosed