

Iyengar Yoga Workshop

with Rebecca Lerner · March 19-21, 2010

Sheffield Village, Ohio



Rebecca Lerner is co-director of the Center for Well-Being in Lemont, Pennsylvania. Rebecca is a Senior I Certified Iyengar Yoga Instructor, and has studied five 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 19: 6:00pm – 8:00pm
Saturday, March 20: 10:00am - 1:00pm
Saturday, March 20: 3:00pm - 5:00pm (Restoratives and Pranayama)
Sunday, March 21: 9:00am to 12:00pm
- COST** Entire weekend postmarked by February 19: \$170; after February 19: \$190.
Friday: \$45; Saturday am: \$50; Saturday pm: \$45; Sunday: \$50.
- REFUNDS** Available until February 19, minus a \$35 fee. No refunds after February 19.
- LOCATION** Yoga Loft in the Village, 5445 Detroit Road, Sheffield Village, Ohio.
- PROPS** Bring a sticky mat. If possible, please bring a yoga belt, 3 firm blankets, and 2 yoga blocks. Extra belts, blankets and blocks will be available.
- REGISTRATION** Send full amount, or a \$50 deposit to reserve your spot. Full payment must be postmarked by February 19 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 · www.vickyelwell.com

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

Name _____

Address _____

City, State _____ Zip _____

Phone _____ E-mail _____

- \$170 (postmarked by February 19) \$190 (mailed after February 19) \$50 (deposit)
 \$45 (Friday pm) \$50 (Saturday am) \$45 (Saturday pm) \$50 (Sunday am)

_____ Amount enclosed