

Bob Whittinghill & Todd Howell

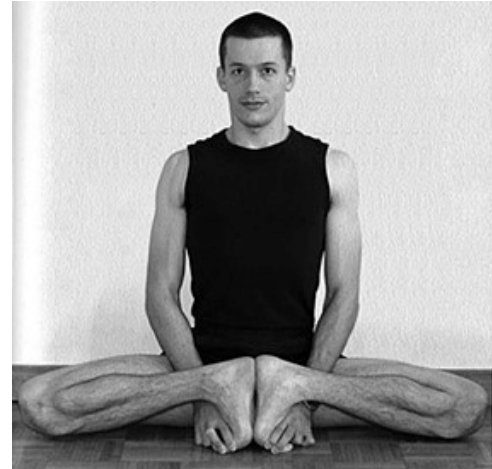
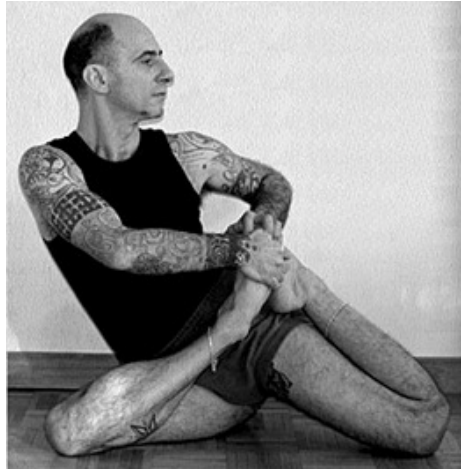
Shedding Light on the Yoga of Action

Sunday, April 1, 2012

2:30 - 5:30 p.m.

\$50 by Friday, March 23; \$60 thereafter

For students with at least 1 year of yoga experience

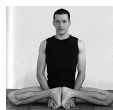


Patanjali's Yoga Sutra 2.1 defines discipline (tapas), self-study (svadhyaya) and surrender (isvara-pranidhana) as the intrinsic activities on yoga's path of action. This workshop sheds "light on" how these essential acts of yoga can be experienced in BKS Iyengar's innovative approach to yogic practices. Expect an engaging sequence of postures and techniques from all categories, culminating with deep relaxation and breath work.

This workshop counts as master teacher electives for Prairie Yoga teacher trainees and continuing education for registered Yoga Alliance teachers.



Bob Whittinghill is a dedicated, long-time student of the culture of yoga, committed to practices of creative expression and self-transformation. He has taught Iyengar yoga since 2000, and is certified by IYNAUS at the Intermediate Junior level.



Todd Howell is a Certified Iyengar Yoga teacher and longtime practitioner of this method. He has studied at the Iyengar Institute in Pune and continues an ongoing studentship with senior teachers across the country.

Bob Whittinghill & Todd Howell

Yoga of Action

EVENT DATE

Sunday, April 1, 2012

FEE

\$50 by Friday, March 23, 2012, \$60 thereafter

STUDENT INFORMATION

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

PAYMENT

Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50.00 fee. Call or stop in studio to pay by credit card.

_____ \$50 by Friday, March 23, 2012

_____ \$60 thereafter

REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

- **For refund requests at least one week prior to the start of the event**, you may request a refund, less 15%.
- **For refund requests less than one week prior to the start of the event**, no refunds or credits will be given.
- If you do not show up for an event, no refunds or credit will be given.
- **Refunds for credit card payments are subject to an additional 4% transaction fee.** No exceptions, even if an event is cancelled by Prairie Yoga or the presenter.

Cancellations: We reserve the right to cancel an event due to low enrollment or factors outside of our control. If an event is cancelled, you will receive a refund (If you paid by credit card, the refund is minus 4% credit card transaction fee).



PRAIRIE YOGA

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