

SPECIAL DISCOUNT for new students



YOGA CENTER OF MARIN

518A Tamalpais Drive
Corte Madera, CA 94925
(415) 302-8457
yogacenterofmarin.com

EASY PACE IYENGAR YOGA with ANANDA MA Sundays • 8:30–10:00 AM



ANANDA MA is a certified Iyengar Yoga teacher, CIYT-1000. Trained at the Iyengar Yoga Institute of San Francisco, her goal as a teacher is to inspire authentic experiences that lead to the art of integrating body, mind and action. She had the honor of taking classes in Pune, India with Geeta Iyengar that allowed her to practice asanas with greater effectiveness, ease, and stability. Ananda brings a spirit self-encouraging mindfulness to nurture the very core of your being in her teaching. She is also a graduate of the American College of Traditional Chinese Medicine. Her experience in Chinese Medicine enriches her practice and teaching of Iyengar yoga.

Good for beginners and students with chronic conditions or specific individual needs.

Find personalized attention with creative modifications and prop use from a certified Iyengar teacher. Includes active and restorative poses at a more moderate pace. Each class is different from the one before it, so you are always learning new variations and depth of poses. This slower pace class promotes mental focus, concentration, stress relief and physical confidence.

TUITION (Levels 1–3):

Preregistered:

- \$90/5 classes (2 months)
- \$140/8 classes (3 months)
- SPECIAL DISCOUNT for new students: \$65/5 classes (2 months)

Drop-in: \$20/class

Use this form to register or register online. Pre-registration is encouraged for all workshops.

WORKSHOP/dates: EASY PACE IYENGAR YOGA CLASS with Ananda Ma

Name: _____
 Address: _____
 City, State, Zip: _____
 Phone: _____
 email: _____

HOW DID YOU HEAR about this series? Flyer Website
 Ad Friend Drive/walk by Other _____

PAYMENT BY: check MC/VISA AMOUNT: _____
 Card #: _____ Exp date: _____
 Name on card: _____
 Card billing address: _____

Please sign
 Signature: _____

CHECKS PAYABLE TO: Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925
FOR A COMPLETE SCHEDULE of our classes and workshops, check our website at www.yogacenterofmarin.com



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