



**YOGA CENTER
OF MARIN**

518A Tamalpais Drive
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yogacenterofmarin.com

ELEGANT AGING: CARING for your HIPS, BACK & SHOULDERS with ANANDA MA

Saturday, Sept. 9, 2017 • 2:00-5:00 PM



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.

Yoga can help with muscular-skeletal complaints. This class focuses on lower back, hips and your shoulders but also explores in the quest to deepen our understanding of one another and our own body/mind connection. Perhaps, if we did this, there would an experience of a physical and energetic transformation that boosts memory of unrealized dreams. We might find interesting areas, or new questions to ask and explore. Yoga therapeutically has been shown to be quieting to the brain, and cooling and soothing to the body-mind complex and lessening fatigue.

This workshop works with a slow-tempo and ample time to explore and establish a dynamic hip and shoulder anatomy. Loosen the energy of tight groins from prolonged periods of sitting, driving or postural stress, and improve circulation in the joints, bring extension to the spine and tone the nervous system. Modifications will be given for special needs.

THIS WORKSHOP:

- All levels
- Preregistered: \$45 (**by Sept. 2**)
- Drop-in: \$55

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

WORKSHOP/Date/Time: ELEGANT AGING: Caring for your Hips, Back & Shoulders with ANANDA MA / Sept. 9, 2017

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: _____
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 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



08/18/2017