



**YOGA CENTER
OF MARIN**

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

Weekend Intensive with **KOFI BUSIA**

Saturday & Sunday: JAN. 12 & 13, 2019

- Saturday: 10:30 AM – 12:30 PM and 2:30 – 4:30 PM
- Sunday: 10:30 AM – 12:30 PM and 2:30 – 4:30 PM



WE are very happy to welcome Kofi back to the Yoga Center of Marin. Kofi brings over 40 years of teaching wisdom to the practice of Yoga. A longtime and advanced student and teacher in the Iyengar tradition, Kofi's teaching style is unique. Rather than providing details for each pose, Kofi guides from storytelling. Through his stories, he shows his students that the whole of life informs our yoga, and that yoga can infuse the whole of our lives. He will challenge you both physically and intellectually.

Kofi welcomes students from all backgrounds and lineages of yoga. Iyengar experience, while helpful, is not required. Some maturity and understanding of asana is useful as the poses are often long-held and basic alignment required.

Along with asana practice, there will be time for chanting and question and answer in the afternoon sessions. Bring your questions. Kofi's insight is very keen and helpful. Be sure to let him know if you need some guidance or help with a specific issue or condition.

KOFI BUSIA is one of the world's foremost teachers in the Iyengar tradition. He has been teaching for over 40 years, and has held his Advanced Certificate from BKS Iyengar for 35 years. He has taught and is recognized all over the world. He began yoga as a student at Oxford University and has taught professionally ever since. Throughout the 1970s and until the mid-1980s, he studied regularly with BKS Iyengar in Pune, India.

Although he has lived most of his life in Oxford, England, he is currently based in Santa Cruz, California, where he is putting the finishing touches to three planned books, one of which is an original translation and commentary, direct from the Sanskrit, of the Yoga Sutras of Patanjali. Visit his website at www.kofibusia.com.

CANCELLATION POLICY: NO REFUNDS FOR LAST-MINUTE CANCELLATIONS. With 2 weeks' or more notice of cancellation, a refund less \$25 handling fee; with 7–14 days notice, refund less \$50; **less than one week's notice, no refunds.**

THIS WORKSHOP:

- All levels
- \$150 pre-registered for full weekend
- \$160 at the door for full weekend
- \$45 for each 2-hour class drop-in (space permitting)

Please use this form to register. Pre-registration is encouraged for all workshops.

WORKSHOP/date & time: WEEKEND INTENSIVE with Kofi Busia / _____

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



09/02/2018