



All Levels Weekend

with Christine Stein, Certified Iyengar Yoga Teacher

Saturday & Sunday, August 19 & 20

1:00 - 4:30 PM

Sadhana, the Practice

“Sadhana means practice. By the practice of yogic discipline, one is led towards spiritual illumination.”

BKS Iyengar, *Light on the Yoga Sutras*



Please come join us for our 1st weekend with Christine Stein! In this two day workshop our focus will be on the philosophy of the practice of yoga. Patanjali dedicates an entire chapter to 'sadhana': Sadhana Pada. He guides us in this chapter as to why the sadhana, the practice is so important.

Each day, a study of asana, philosophy and breath work (pranayama) will be practiced and discussed.

Saturday: asana practice, focus on forward bends

Sunday: asana practice, focus on standing poses and twists with time for questions

Christine Stein has been teaching Iyengar Yoga for almost 30 years and holds a Senior 1 Certificate in the Iyengar Yoga method of yoga. Her understanding and interest in how asana practice and yoga philosophy affects our entire life is woven throughout her teaching.

CEU credits for Yoga Alliance RYT 200, 500 & E-RYT 500

Pre-registration for both sessions \$110 by 8/9 - \$120 thereafter

Single session \$65

Chris Stein 8/19-20

Name _____

Email _____

Phone _____

sign up online, in the studio or mail form with check to the studio

Ventura Yoga Studio, 110 N. Olive Street, Studio P Ventura, CA 93001 805-643-5979

www.venturayoga.com