



A Fall Weekend with Linda Di Carlo: Kriya Yoga and Ashtanga Yoga



Certified Iyengar Yoga Teacher (Senior Level)
Friday - Sunday, November 3-5, 2017

Kriya yoga (yoga of sacred acts) organizes the eight limbs of yoga based on three categories taken from the *niyamas* (fixed observances). Each of these components leads us on the path to liberation. The first path originates with the concept of *tapas* (self discipline) and concentrates on the body, our outer most self. The second path, *svadyaya* (study that leads to the knowledge of the self), is for the mind and our inner self. The final path begins with *isvara pranidhana* (humility, surrender to a force greater than the self) and is for our spirit, the innermost self. When we apply this framework to our asana practice, the results are quite interesting. We taste the flavor

of *karma* (path of action), *jnana* (path of knowledge), and *bhakti marga* (path of devotion). Three timeless paths towards self-realization through the life, wisdom and humility.

Linda Di Carlo is the Director of Iyengar Yoga Source, a studio in Providence, RI. She is a senior level Iyengar teacher and has a masters degree in Exercise Science. Pune studies have been a consistent part of Linda's training. Her time spent studying with Patricia Walden of Cambridge as well as other senior teachers over the years have given her a broad perspective of the Iyengar method. From 1997- 2004 she resided in Westlake Village, CA and served as president of IYNAUS from 2006-2008. Linda's teaching style is clear, concise, and compassionate. With attention to detail and individual feedback, she cultivates confidence in students. A balance between physical postures and yoga philosophy creates a deeper understanding in the classes.

Friday, November 3 • 6:00-8:00pm

Saturday, November 4 • 10:00am-1:00pm & 3:30-5:30pm

Sunday, November 5 • 10:00am-1:00pm & 3:30-5:30pm

(6 months of Iyengar Yoga experience required.)

Total cost is \$325.00 for entire weekend until October 1st - \$350 thereafter.

\$100.00 deposit to hold your spot!

All Day Saturday or Sunday \$145

Single AM session \$80 - Single PM Session \$70 -

Linda Di Carlo

Name _____

Email _____

Phone _____ Sessions purchased _____

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