



**Iyengar Yoga National Association U. S.
Iyengar Yoga Association of Los Angeles**
Member's Free Workshop

\$35 for Non-Members

with **Anthony Lorenzana, CIYT**
Saturday March 3, 2018 2:00 - 4:30 PM

**Reconnect to yourself
through Practice**



CIYT

Members please **RSVP** for this event by emailing: info@venturayoga.com
Location: Ventura Yoga Studio, 110 N.Olive St., Suite P, Ventura, CA

As defined by BKS Iyengar, Yoga is union, body with the mind, mind with the soul. We will begin our year together to understand how yoga can reconnect us to ourselves through practice of asanas and pranayamas. This workshop will also help to serve individuals interested in starting, re-starting or maintaining a personal practice.

Anthony has recently had the privilege to travel to Pune, India this past June to study with the Iyengars where he was able to attend classes with Prashant and Geeta Iyengar. He is excited to bring back his experience to share, with his unique sense of humor and perspective.

This special workshop is FREE to Members of the Iyengar Yoga Association of Los Angeles. For Non-Members the fee is \$35 (which goes to the Association.) You can become a Member for another \$50, which includes membership in both the national association, IYNAUS, and our local association, IYALA. Annual Membership is \$85. Come learn the perks and rewards of Membership!

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