

Iyengar Yoga Workshop & Teacher Training

with

CHRIS SAUDEK

June 4-6, 2010

Kelowna Yoga House

1272 St. Paul St; Kelowna BC

(250) 862-4906

- ❖ Chris Saudek is a long time student of the Iyengars and is certified at the Senior Intermediate III level. She is the owner and principal teacher at The Yoga Place in LaCrosse, Wisconsin. She is also the author of the laminated therapeutic sequence cards, the *Yoga Karunta* booklet, and editor of the book *Yoga During Pregnancy: A guide for Iyengar Students and Teachers*.
- ❖ Chris holds a physical therapy degree but, having found yoga more effective for the whole of the human being, has been teaching Iyengar yoga for more than 26 years. Chris teaches with clarity, precision and enthusiasm, and shows great care and compassion for her students. Kelowna Yoga House students are thrilled to have Chris return for another workshop.

Teacher Training:

- ❖ Open to all certified Iyengar yoga teachers or those in Iyengar yoga teacher training programs.

Friday: 11:00 am — 1:00 pm
3:00 pm—5:00 pm

Workshop:

- ❖ Open to students able to set up for shoulder stand and do headstand.

Friday: 6:00 – 8:00 pm
Saturday: 9:00 am—12:00 pm 4:00 pm—6:30 pm
Sunday: Times to be decided at workshop

Fees:

- ❖ Teacher training and workshop: \$365 (Non-members: \$375)
- ❖ Workshop only: \$275 (Non members: \$285)

Save \$50! Register and pay by May 7, 2010!

To Register:

- ❖ Sign up on registration sheet at *Kelowna Yoga House*; mail registration and waiver form with your cheque, payable to *Kelowna Yoga House Society*; or telephone register with *VISA, MC or Debit*.
- ❖ **Payment must accompany registration** (post-dated cheques to May 7, 2010 accepted).
- ❖ Contact Linda Frandsen (250-860-7112) or Doug Bauer (250-769-5996)
- ❖ **Billeting is available for out of town students.**

Cancellation Policy:

- ❖ **By May 7:** Full refund; **May 7-21:** *Possible* 50% refund depending on workshop income; **after May 21:** No refund, unless replacement for the workshop can be found.

