

Iyengar Yoga Workshop

at

Kelowna Yoga House

with

Ingelise Nherlan

October 15 - 17, 2010



❧ Ingelise Nherlan has studied Yoga for more than 30 years, and is recognized as one of Canada's leading teachers of the Iyengar method of yoga. Ingelise holds a Senior Intermediate teaching certificate awarded to her by her teacher, B.K.S. Iyengar, and continues her Yoga studies at the Ramamani Iyengar Memorial Yoga Institute in Pune, India.

❧ In addition to her regular teaching schedule, Ingelise travels across Canada certifying new Iyengar teachers.

❧ In her teaching, Ingelise's dedication to the physical detail and precision of yoga asanas combines with her keen awareness of the power of Yoga to forge an energizing and calming connection between mind, body, and spirit.

Workshop Schedule:

❖ **Participants should have at least one year of Iyengar yoga experience, and be comfortable using props with inversions.**

Friday: 6:00 - 8:30 pm

Saturday: 10:00 am—2:00 pm

Sunday: 9:00 am - 12:30 pm

Fees:

❖ KYH Members: \$200
Non members: \$215

*** After September 17, 2010,
all fees increase by \$50**

Location:

❖ **Kelowna Yoga House**
1272 St. Paul St; Kelowna BC
(250) 862-4906

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 Sept. 17, 2010 accepted).
- ❖ Contact Linda Frandsen (250-860-7112) or Doug Bauer (250-869-8771)
- ❖ **Billeting is available for out of town students.**

Cancellation Policy:

- ❖ **By Sept. 17:** Full refund; **Sept. 17 - Oct. 8:** **Possible** 50% refund depending on workshop income;
- ❖ **After Oct. 8:** No refund, unless replacement for the workshop can be found.