

A Yoga Workshop with MANOUSO MANOS

August 6th-8th, 2010

"Manouso is one of the most capable and experienced of the Senior Iyengar Yoga Teachers.

He began his studies with Sri B.K.S. Iyengar in 1976 and served as chairperson of the First International Iyengar Yoga Convention in 1984. After numerous trips to Pune, India, and over 3 decades of personal practice, his understanding of and insights into Iyengar yoga are conveyed with authenticity and precision.

Methodical in his teaching, Manouso lays a solid foundation and progressively refines each of the asanas. His sense of humor and sensitivity shine through as his dynamic and challenging teaching style moves his students beyond their perceived limits."

WORKSHOP SCHEDULE

Friday, August 6	6-8 pm
Saturday, August 7	9-11 am & 12:30-2:30 pm
Sunday, August 8	8:30-Noon

**SPACE IS LIMITED
SO PLEASE REGISTER EARLY**

LOCATION Oberlin College, Wilder Hall – 173 W Lorain St., Oberlin, OH 44074

COST

Early Registration – Full Payment By JUNE 1, 2010	After 6/1/2010 (Space permitting)
Entire Weekend: \$165	Entire Weekend: \$185
Friday only: \$40	Friday only: \$45

All refunds, minus \$25 administrative fee, will be allowed prior to July 1, 2010. NO Refunds after July 1st.

REQUIRED PROPS TO BRING 4 firm blankets, 1 sticky mat, 1 strap, 1 block
Please label your props!

TO REGISTER **PRIORITY REGISTRATION IS GIVEN FOR THE ENTIRE WORKSHOP.** Please send full amount or a deposit of \$50 to reserve your spot. **FULL PAYMENT IS DUE by June 25, 2010.** Fill out this form and return it with your payment. Make checks payable to Maureen Scheithauer and mail to: Maureen Scheithauer, 175 N. Ridge Rd. E, Lorain, OH 44055 -- (440) 668-4160 email: moreenyogini@gmail.com



Please print clearly

Name _____
Address _____
City/State/Zip _____
Phone (_____) _____

Friday Only Entire Weekend

Total amount enclosed: \$ _____

Email:

We would like to confirm your registration and send information via email. Please let us know if this is a convenient way to communicate with you. *Please write legibly.*

Yes, contact me by email
 No, I seldom check my email