

A Yoga Workshop with MANOUSO MANOS

July 25 – 27, 2008

"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."

**SPACE IS LIMITED
SO PLEASE REGISTER EARLY**

WORKSHOP SCHEDULE	Friday, July 25	6-8 pm
	Saturday, July 26	9-11 am & 12:30-2:30 pm
	Sunday, July 27	8:30-Noon

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

COST	Early Registration – Full Payment	After 6/1/2008 (Space permitting)
	By JUNE 1, 2008	Entire Weekend: \$185
	Entire Weekend: \$165	Friday only: \$45
	Friday only: \$40	

All refunds, minus \$25 administrative fee, will be allowed prior to July 1, 2008. 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, 2008.** 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