



## Mini Series Classes

### Effective Sequencing For Your Home Practice

A three week mini series

**Mondays:**

**July 13, 20 & 27**

**6:00 pm – 8:00 pm**

## Effective Sequencing For Your Home Practice

Masterful sequencing is a hallmark of BKS Iyengar's method and one of his greatest contributions to modern yoga. For students, skill in sequencing is essential for developing a safe, progressive, and transformative home practice. Each two-hour session will include discussion, written exercises, and a group guided practice. Bring paper and pen and wear clothing appropriate for asana practice. For Iyengar yoga students with at least six months of experience. (No drop ins, please register by July 10.)

Mondays: July 13, 20 & 27 (inclusive)

6:00 pm – 8:00 pm

Alicia Rowe

\$105



Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Mini Series \_\_\_\_\_ Total Enclosed: \_\_\_\_\_ (Make checks to Alicia Rowe)

Preregistration required by July 10. Minimum enrollment of 6 students.