



Iyengar Yoga
Workshop

YOGA ON CENTRE
PRESENTS

CHRIS SAUDEK

October 8-10
2010



Chris Saudek's presence is all together calm, precise and confident.

Chris Saudek is the director and senior teacher of The Yoga Place in La Crosse, Wisconsin. She is certified at the Senior Intermediate 3 level and has been a devoted student of the Iyengars for over 30 years. She has studied at the Ramamani Iyengar Memorial Institute in Puna, India, for periods of one to five months on many occasions. Her most recent study there was February 2010.

Chris teaches workshops and trains teachers throughout the U.S. and Canada and is an assessor for the Iyengar Teacher Certification process in the United States. She has a degree in physical therapy, and her teaching is simultaneously compassionate and demanding.

To Register Priority registration is given for the entire workshop. Mail the full amount (with registration form below) to Yoga On Centre, 6016 Penn Circle S, Pgh., PA 15206

For Info **412-401-2162**

Cost Full Weekend \$ 175
Full Paid by Aug 15th \$155
1-hr Class \$ 20
2-hr Class \$ 40
3-hr Class \$ 60

Priority is given for students registering for the full three-days. If you must attend only a portion, start with Friday or Saturday not Sunday classes. By Sunday, classes will have progressed to a point that requires previous attendance. If questions... call Sara 412-401-2162.

Please Bring
three blankets, one block, one strap, one mat

Class Schedule

Friday

Asana 6-8 p.m.

Saturday

Asana 9- noon

Asana 2-4 p.m.

Sunday

Pranayama 8-9 a.m.

Asana 9:30 a.m. -12:30

www.yogaoncentre.com

6016 Penn Circle S., Pittsburgh, Pennsylvania 15206

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Name _____ Phone # _____

Check the sessions you will attend. Entire Workshop (\$175/\$155) Friday (\$40) Sat 9-12 a.m. (\$60)
 Sat 2-4 p.m. (\$40) Sun pranayama (\$20) Sun 9:30-12:30 (\$60) Total Enclosed _____

