

# YOGA ON CENTRE PRESENTS



## MIANOUSO MIANOS IYENGAR YOGA WORKSHOP DECEMBER 9-11, 2011

### WORKSHOP SCHEDULE

Friday 6:30 - 8:30 p.m.  
Saturday 8 -10 a.m. & noon - 2 p.m.  
Sunday 8 a.m. - noon

[WWW.YOGAONCENTRE.COM](http://WWW.YOGAONCENTRE.COM)  
6016 PENN CIRCLE SOUTH  
PITTSBURGH, PA 15206  
FOR INFO CALL SARA AZARIUS

412-401-2162

#### PROPS

Bring 3 blankets, 1 mat, 1 strap and 2 blocks.  
Bring a chair if you have one.

#### COST

Register before November 1st \$175 for the full weekend  
Register after November 1st \$195 for the full weekend

#### TO REGISTER

Mail check made to *Yoga on Centre* 6016 Penn Circle S., Pgh, PA 15206 or give payment to your YOC teacher. You must sign up for the full workshop even if you miss one or more of the classes. Send the full amount with your registration (form below.) Refunds will only be given prior to December 1, 2011 if a waitlisted student can fill your spot. Refunds will not be given for any part of the workshop after the workshop has begun. You will not receive a confirmation card. Presume your spot for the workshop is reserved unless you are contacted otherwise.

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_

Check here if you need assistance with housing.  
Sometimes we can find a yoga student to host you.

Total Enclosed \_\_\_\_\_

