

# YOGA ON CENTRE PRESENTS



**Rebecca Rocks!**  
Join us for a fabulous and fun learning experience.

## CLASS SCHEDULE

Friday	Saturday	Sunday
	Pranayama 8:30-9:30am	Asana 8:30-11 am
	Asana 10-noon	
Asana 6-8 pm	Asana 2:30-5 pm	

Rebecca Lerner, co-director of the Center For Well Being in Lemont, PA, is an Intermediate Junior III Certified Iyengar Yoga Instructor. She has been practicing and teaching yoga since the 1970's and studies in India with Shri B.K.S. Iyengar. Rebecca is a meticulous and supportive teacher. Luckily for us, Rebecca will be returning from India just days before teaching here at Yoga On Centre, so we will be treated to an inspiring weekend of Rebecca's excellent teaching as she shares some of the best of the Iyengar's methods.

**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  
Please Bring 3 blankets, 1 block, 1 strap, and a mat.

**COST** Full Weekend \$ 160  
1-hr Class \$ 20  
2-hr Class \$ 40  
2.5-hr Class \$ 50

# REBECCA LERNER

## IYENGAR YOGA WORKSHOP

April 16 - 18, 2010



www.yogaoncentre.com 6016 Penn Circle S., Pittsburgh, Pennsylvania 15206

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

Check which sessions you will attend.  Entire Workshop ((\$160)  Friday (\$40)  Sat Pranayama (\$20)  
 Sat Am Asana (\$40)  Sat Pm Asana (\$50)  Sun Asana (\$50) Total Enclosed \_\_\_\_\_