



## AASY WINTER SATURDAY TARGET CLASSES 2017

AASY Members \$25 • Non-Members \$30

10:00a–12:00p

### Feb. 18: Dave

#### *Ropes with Dave!*

Explore extension, traction, and new frontiers in all categories of asana using our awesome rope wall.

### Feb. 25: Laurie

#### *Restorative Asana*

Penetrating sequence to quiet and strengthen our nerves and insight into a peaceful place.

### March 4: Dave

#### *Building Blocks*

We will drill deeper into level I poses so that you can incorporate them safely and effectively into your home practice.

### March 18: Laurie

#### *Back Arches to welcome Spring*

Winter seems long in March, let's focus on spirited backbends to chase the winter blues away.

## TEACHER Bios

**LAURIE BLAKENEY** has an Advanced Level Teaching Certificate granted to her by B.K.S. Iyengar. She brings a uniquely personal and direct style of teaching, challenging students while helping them to enjoy exploring their potential. She loves to include artistic and philosophical considerations while staying true to the precision we know to be a cornerstone of the method.

**DAVID LARSEN** is a certified Iyengar Yoga instructor. He has studied with Laurie Blakeney since 2002, attended advanced classes at the Iyengar Institute in Pune, India in 2012 and 2014, participated as a student or organizer in national and regional Iyengar yoga conferences and conventions, and has served as President of the Iyengar Yoga Association of the Midwest (IYAMW).

### March 25: Dave

#### *Inversion Workshop*

Learn the actions that lead to strong, steady inversions, then we'll turn your perspective upside down.

### April 1: Dave

#### *Core support of Abdominal / Lumbar Awareness*

Learn how the abdominal region is activated, engaged, and managed in asana and pranayama.

### April 29: Dave

#### *Learn how to levitate*

Fundamentals of arm balancing poses involve strength, compactness, and focus.

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~ registration ~

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

REFERRED BY \_\_\_\_\_

DAY/TIME TARGET CLASS(es)    FEE(s)

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TOTAL \_\_\_\_\_

CHECK # \_\_\_\_\_

Checks payable to  
Ann Arbor School of Yoga  
420 W Huron Street  
Ann Arbor, MI 48103

