



**AASY FALL 2017
TARGET CLASSES**
~ registration ~

FALL 2017 TARGET CLASSES

AASY Members \$25 • Non-Members \$30

SATURDAYS

10:00 am - 12:00 pm

Sept 23: Dave

Stability, Effortless Effort, Freedom from Dualities

Applying the Patanjali Yoga Sutras to our asana practice.

Oct 7: Dave

Learn to Twist

The revolved asanas stimulate the body and mind and teach intelligent movement around a firm base. Explore these features in different categories of asanas.

Oct 28: Dave

The Well Supported Cervical Spine

A sequence that explores strength, mobility, and freedom in the upper back shoulders and neck.

Nov 3: Becca

Catching Your Balance

We will focus on balance in our asanas for balance in mind and body.

Nov 11: Dave

Vinyasa the Iyengar Way

Vinyasa means putting together in a systematic way. Explore these classical types of sequences practiced for centuries by yogis before us.

Nov 18: Dave

Props for Practice

Using props for practice is one of BKS Iyengar's hallmark contributions to Yoga. We will learn the uses and purposes of commonly used props.

TEACHER Bios

DAVID LARSEN is a Certified Iyengar Yoga Teacher. 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).

BECCA LINDSAY is a Certified Iyengar Yoga Teacher and studies regularly with Laurie Blakeney. She has a Master of Public Health in Health Behavior. She teaches the AASY Action Teen Yoga Class and AASY Action Spanish/English bi-lingual Community Asana Class at the Ann Arbor School of Yoga. These \$5 classes are sponsored by AASY Action-301-C, donations are appreciated.

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

EMAIL _____

REFERRED BY _____

DAY/TIME TARGET CLASS(es) FEE(s)

TOTAL _____

CHECK # _____

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

