

ANN ARBOR SCHOOL OF YOGA

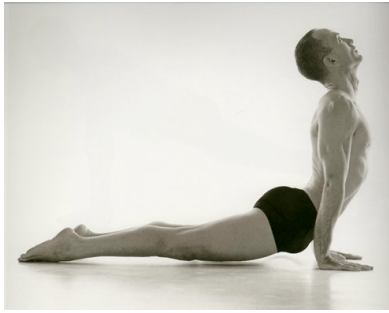
Senior Iyengar Teacher James Murphy

JULY 24-26, 2015

420 W Huron, Ann Arbor, MI, 48103

www.annarborschoolofyoga.com

aasy Laurie@gmail.com



James is the current director, and co-founder of the Iyengar Yoga Institute of New York. There he teaches regular classes, a class for students living with HIV, and runs their Teacher Training Program.

His history as a professional dancer with the Nikolais Dance Theater and his initial training under Mary Dunn has given him a mature knowledge of how to link together important elements of the postures artfully. His many extended trips to the Iyengar Institute in India has been an invaluable experience in observing the Iyengar Method at its source. James' keen perception and skills of observation combine with a natural talent for teaching to make his classes rich and exhilarating.

Special Price Packages

All Day Saturday: \$100

Friday and Saturday: \$150

Whole Weekend: \$200

Friday, July 24th, 5:45-8:15p \$55

Touch the Basics towards the Unknown: *All levels, beginners welcome*

Asana guides us towards levels of self awareness previously unknown. This TGIF evening class will accommodate beginners and also continuing level students in a educative, and refreshing sequence including many categories of asanas.

Saturday, July 25, 9-11:30a \$55

Happy Vitality: *Completed level 1 session as prerequisite*

A morning practice can awaken the many positive physical and emotional strengths we all hope to develop with our practice. Join James with a "get up and go" approach.

Saturday, July 25, 1:30-4p \$55

Penetrating and Peaceful: *Completed level 1 session as prerequisite*

Building on the concept of awakening our vitality, we can also learn to transform that vitality towards a luminous pensive outlook.

Sunday, July 26th, 9a-noon \$70

Ropes and Chairs: *Level 2 students and above*

Iyengar Yoga uses dynamic traction to increase our extensions and expansions! Playful and deep, a practice on the ropes and chairs will open up new space in all of us!

**Space is limited, enrollment priority will be given to entire weekend registrants. Separate class enrollments accepted after June 26th 15th. Registration confirmation will be emailed. Cancellation refunds will be given until June 26th, less \$30 cancellation fee. After June 26th refunds will be given only if your spot is filled from the waiting list.*

REGISTRATION FORM

James Murphy Weekend Workshop

July 24-26, 2015

All Day Saturday Friday and Saturday Whole Weekend

Separate Classes (*please list*) _____

Name _____

Date of Registration _____ / _____ / _____

Address _____

Check Number _____

Phone _____

Checks made out to AASY and sent to 420 W Huron, Ann Arbor, MI, 48103

Email _____

(Online registration under "special events" tab, www.annarborschoolofyoga.com)