



## AASY WINTER SATURDAY TARGET CLASSES 2017

AASY Members \$25 • Non-Members \$30

10:00a–12:00p

### Feb. 24: Dave

#### *Home Practice Strategies*

Share your home practice with the class as we work together to develop effective strategies (including how to get started!)

### March 3: Dave

#### *Supported Standing Poses*

Develop greater knowledge using the wall ropes and other props to learn a refined sense of direction and develop your strength.

### March 10: Becca

#### *Beat the Winter Blues*

Use your practice to re-energize and re-charge!

### March 24: Dave

#### *Grow your Lotus*

Prepare your hips, knees, and ankles for half or full *padmasana*.

### March 31: Dave

#### *Unique and Wild on the Ropes!*

Carefully explore less frequently taught rope wall uses in many categories of asanas.

### April 14: Becca

#### *Welcome Spring with a Bloom of Relief*

Practice to calm your nerves, and de-stress your life.

### April 21: Dave

#### *The Joy of Clasping*

Learn the actions and their effects needed to “clasp” in poses from various categories.

## TEACHER Bios

**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).

**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.

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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

