



## AASY SUMMER SATURDAY TARGET CLASSES 2018

AASY Members \$25 • Non-Members \$30

10:00a–12:00p

### July 7: Dave

#### *Inversions Fundamentals*

We will study the actions needed to establish strong, steady, and “light” inversions.

### July 28: Dave

#### *Supported Standing Poses*

Using the wall and other props we will focus on correct sense of direction and precision in these essential asanas.

### August 11: Dave

#### *Opening Shoulder and Upper Chest Region*

As we investigate this area in all categories of asana we will study the effect on sitting, posture and the mind.

### August 18: Becca

#### *Opening Your Heart to Forward Bends*

Forward bends can be challenging for us all. Accepting the challenge and learning how to practice for ease can open up these difficult poses.

### September 8: Dave

#### *Intermediate Ropes (level 2 and up)*

Ongoing study of rope setups, including lesser known variations to help understand extension, expansion, elongation, stability and sense of direction.

## AASY SUMMER SATURDAY TARGET CLASSES 2018

~ 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

## 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.

