

A Taste of India XI Workshop with Lois Steinberg May 22 - May 26, 2018



We are very fortunate to again be hosting a 5-day workshop with Lois Steinberg. Lois Steinberg's teaching is infused with enthusiasm to share the knowledge and acumen that have come through her sustained practice and study of the tremendous work of the Iyengar Family. She strives to emphasize and exemplify whole-body transformation through the joy of regular immersion in practice. As a teacher, she is direct, dynamic, clear, focused, engaging, gently humorous, and an invaluable resource for understanding the healing potential of yoga. Lois is the author of numerous books and articles and is widely respected for and consulted regarding her considerable knowledge of therapeutics. Her understanding of the relationships between asana and health is among her many gifts as an instructor, as is her desire and capacity to attend to the needs of individual students.

This workshop is recommended for serious students, teachers, and aspiring teachers. For all but the Saturday class, a regular practice of Sirsasana (headstand), Sarvangasana (shoulder balance), and back bends including full Urdhva Dhanurasana or the alternates for these poses is a must. ***The Saturday class is open to all levels of current students.**

Dates: Tuesday, May 22 through Saturday, May 26, 2018

Location: Northern Lights Yoga Studio
Upstairs at 9 W Placer
Helena MT

Cost: \$40 to \$60 per Class

A Special Package Price of \$310 (\$335 with Boulder Hot Springs Lunch & Soak) for all classes is available if **PAID IN FULL** before April 15, 2018. Registrations for the whole workshop will be given priority until April 15. After that date, the Special Package Price will increase to \$345 (\$360 with Boulder Hot Springs Lunch & Soak), and all further registrations will be treated on a first-come first-serve basis.

Please indicate the classes you wish to attend on the attached sheet. Copy the sheet for your records and return it with the full amount due before May 10, 2018. Make checks payable to: Northern Lights Yoga. *Special Note* 5% discount applies for IYANW members!

Refunds: A 50% refund will be given, if we can fill your space in the workshop, for any cancellations received by May 10, 2018. After May 10, no refunds will be given.

For information on housing and a list of restaurants, please call or E-mail Judy & Charles at 406-449-2205 or at JMyPal@aol.com.

A Taste of India X Workshop ***with Lois Steinberg*** ***May 22 - May 26, 2018*** ***Enrollment Form***

I Plan to attend the entire workshop \$310 (\$335 with Boulder Hot Springs Lunch & Soak) due before April 15, 2018- \$345 (\$360 with Boulder Hot Springs Lunch & Soak) after April 15.

OR

I wish to attend the following individual classes:

Tuesday, May 22, 2018

Asana — 10:00am-12:30pm \$40.00

Asana — 4:30-6:30pm \$40.00

Wednesday, May 23, 2018

Asana — 10:00am-12:30pm \$40.00

Restorative / Pranayama — 4:30-6:30pm \$40.00

Thursday, May 24, 2018

Asana ending with Pranayama —

10am-1pm \$60.00

No Classes this afternoon and evening

Friday, May 25, 2018

Asana — 10am-Noon \$40.00

Advanced Asana — 4-7pm \$60.00

Saturday, May 26, 2018

(Level I, II, & III)_Asana — 10-12:30pm \$40.00

Lunch & Soak — 1pm-Close \$25.00

Class, Lunch, & Soak Package \$60
--

**Be sure to keep a copy of this schedule after you fill it out.
 Please fill in your name and address on the other side of this form
 For more information, call Judy at 406-449-2205**

***A Taste of India X Workshop
with Lois Steinberg
May 22 - May 26, 2018
Enrollment Form***

PLEASE MAKE YOUR CHECK PAYABLE TO *NORTHERN LIGHTS YOGA*. SEND CHECK AND REGISTRATION TO:

**NORTHERN LIGHTS YOGA
2751 GRIZZLY GULCH
HELENA MT 59601-9667**

NAME: _____

ADDRESS: _____

E-MAIL: _____

PHONE: (CELL) _____

(HOME) _____

**NORTHERN LIGHTS YOGA
2751 GRIZZLY GULCH
HELENA MT 59601-9667**