

# ***A Taste of India XII Workshop with Lois Steinberg May 24 - May 26, 2019***



We are very fortunate to again be hosting a 3-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. 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.

Dates: Friday, May 24 through Sunday, May 26, 2019

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

Cost: \$40 to \$50 per Class

A Special Package Price of \$200 for all classes is available if PAID IN FULL before April 1, 2019. Registrations for the whole workshop will be given priority until April 1. After that date, 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 1, 2019. 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 1, 2019. After May 1, 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.

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Enrollment Form***

I Plan to attend the entire workshop  \$200 if paid before April 1, 2019- \$230 after April 1.  
OR

I wish to attend the following individual classes:

Friday, May 24, 2019

Asana — 10:00am-12:30pm  \$50.00

Asana — 5:00-7:00pm  \$40.00

Saturday, May 25, 2019

Asana — 10:00am-12:30pm  \$50.00

Asana — 4:00-6:00pm  \$40.00

Sunday, May 26, 2019

Asana — 10:00am-12:30pm  \$50.00

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**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**

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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)** \_\_\_\_\_

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