

# "Light on Iyengar Yoga"

a weekend study with

## Manouso Manos

January 25 -27, 2019

in Grand Rapids, Michigan



IYENGAR YOGA  
CENTER OF GRAND RAPIDS

WORKSHOP INFORMATION: All classes are for students with 2 or more years of recent Iyengar Yoga study. No beginners please.

SCHEDULE: Friday, January 25th, 6:00PM-8:00PM  
Saturday, January 26th, 9:00AM-1:00PM  
Sunday, January 27th, 9:00AM-1:00PM

LOCATION: **Iyengar Yoga Center of Grand Rapids**, 327 S. Division Ave, Grand Rapids, MI 49503. There is free street parking evenings and all weekend. If you are attending the entire weekend and not flying, please bring: 1 mat, 3-4 blankets, 1 belt and 1-2 blocks. This workshop may be moved to a larger venue. After you have registered you will be notified of any venue location changes.

REGISTRATION: You must register in advance, you may not reserve a spot without payment, and you will be contacted when and if your registration is confirmed. Please request a refund before January 10, there will be no refunds after this date.

*Manouso Manos* is a long time senior student and teacher trained by Shri B.K.S. Iyengar. With over four decades of study and practice, Manouso conveys a deep insight and understanding of Iyengar Yoga with authenticity and precision. Methodical in his teaching, he lays a solid foundation and progressively refines each of the asanas. Combining a sense of humor, philosophical insight and sensitivity, his dynamic and challenging teaching style moves his students beyond their perceived limits.

REGISTRATION FORM: Make check out to **Iyengar Yoga Center of Grand Rapids**

SEND TO: Jennifer Beaumont, 203 Auburn Ave. SE, Grand Rapids, MI 49506

Name: \_\_\_\_\_

Name of your Certified Iyengar Yoga Teacher: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

QUESTIONS: Email [jennifer@iycgr.com](mailto:jennifer@iycgr.com), visit [www.iycgr.com](http://www.iycgr.com), call 616.915.1277

TIMES AND FEES: Mark checkbox to register for classes.

- |                                                         |                                                |
|---------------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> FULL WEEKEND .....\$200.00     | <input type="checkbox"/> SATURDAY.....\$100.00 |
| <input type="checkbox"/> SATURDAY & SUNDAY.....\$180.00 | <input type="checkbox"/> SUNDAY..... \$100.00  |
| <input type="checkbox"/> FRIDAY.....\$50.00             |                                                |

Fee enclosed: \_\_\_\_\_