



MOSCOW YOGA CENTER

525 S. MAIN MOSCOW, ID 208-883-8315



The Transformation to Tranquility A Yoga Workshop with Lynne Meuton

FRIDAY, SATURDAY, SUNDAY
OCTOBER 27TH, 28TH, 29TH, 2017



WORKSHOP SCHEDULE

FRIDAY OCT. 27th

6:00 to 8:00 pm

Gentle and Restorative Yoga,
Pranayama and meditation

SATURDAY OCT. 28th

10:00 am to 1:00 pm

Asana with a balance pose and core work theme

3:00 pm to 5:00 pm

Asana with a forward bend theme, headstand,
shoulderstand and meditation

SUNDAY OCT. 29th

10:00 am to 1:00 pm

Asana with shoulder openers, backbend
and twisting theme

Cost

Register by Oct. 17th, \$165.00 for the entire workshop. After
Oct. 19th \$175.00 for the entire workshop. \$20.00 per hour for
partial workshop.

Lynne took her first yoga class while in college, in 1975. She enrolled in the Iyengar Yoga Institute of San Francisco's Teacher Training Program the summer of 1980. Encouraged by Donald Moyer, she attended her first yoga Intensive at the Ramamani Iyengar Memorial Yoga Institute in Pune, India in 1981. She was certified to teach yoga by BKS Iyengar in 1984. Lynne founded and directed the largest yoga center in Alaska for over 25 years. Lynne continues to study and be inspired by inner and outer teachers on and off the mat.

One of my wise teachers once said, "The postures aren't hard, WE are hard". Over the years of practice, study, observation and transformation of my own thoughts and viewpoints I realize that the same is true of life. I no longer believe that it is meant to be hard but that our attitudes and reactions harden us against the flow of life. Yogic wisdom reminds us to remove obstacles in our minds that hold back the joy. Difficulties arise and we can meet them with tranquility.

REGISTRATION

This workshop is open to anyone with 3 months recent yoga experience. Please fill out the registration form and return it and your payment to the Moscow Yoga Center (525 S. Main, Moscow ID, 83843) by Oct. 17th, 2017 for early registration savings.

Name _____ Address _____

Phone _____ Email _____

Enclosed is my payment for: (please check one)

Early Registration by Oct. 17th, Entire workshop - \$165.00 Registration after Oct. 19th - \$175.00

Partial - \$20.00 per hour •Please list times you will attend: _____

Thank You. See you there!

Moscow Yoga Center

525 S. Main Moscow, ID 83843 (208) 883-8315 www.moscowyogacenter.com

