



MOSCOW YOGA CENTER

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



A YOGA WORKSHOP with **LYNNE MINTON**

LET YOUR TEACHER BE LOVE ITSELF — RUMI

October 11-13, 2019



Yoga sutras Book 1: 23-29 speak of the Inner Divine Teacher and how we can become attuned to its direction and avail of its wisdom. We will use these sutras as our guide for discussion and practice throughout the weekend.

WORKSHOP SCHEDULE

Friday October 11th, 6-8 p.m.

Yoga sutras; Restorative yoga, Pranayama and meditation

Saturday October 12th, 10 a.m.-1 p.m.

Yoga sutras, Asana with a balance/core theme

Saturday October 12th, 3:00-5:00

Yoga sutras, Asana with inversion and forward bend theme, Pranayama and meditation

Sunday October 13th, 10 a.m.-1 p.m.

Yoga sutras, Asana with backbend theme, restorative finish

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.

REGISTRATION

This workshop is open to anyone with 3 months of recent yoga experience. Please fill out the registration form and return it with your payment to the Moscow Yoga Center (525 S. Main, Moscow, ID 83843).

Name _____ Address _____

Phone _____ Email _____

Enclosed is my payment for: (please check one)

Early Registration by October 4th, Entire workshop - \$175.00

After October 4th, Entire workshop - \$185.00

Partial - \$22.00 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

