



52 B Wall Street, Huntington Village  
www.bodyandsoulcenter.net

### Theresa Rowland



Director of Studio Yoga (www.studioyoganj.com) in Madison, NJ, Theresa Rowland is the inspiration for yoga students and yoga teachers throughout New Jersey and the metropolitan area. She has been teaching for 42 years and holds several Iyengar Yoga Teacher Certifications, teaches all levels of study from beginners to therapeutics to Teachers Education. She recently returned from a month of study at the Ramamani Iyengar Memorial Institute in Pune, India.

**1:00 p.m. Workshop \$40  
\$35 for IYAGNY Members**

**4:00 p.m. Workshop \$35  
\$30 for IYAGNY Members**

**Or both workshops for \$70  
\$60 for IYAGNY Members**

**Registration required  
631.385.4664**

# IYENGAR YOGA

a workshop with

**Theresa Rowland**  
**January 22, 2012**

**Working with Asana to Heal and  
Prevent Injury, Illness and Promote  
Peace of Mind**

*heyam dukkham anagatam* YS 11.16

The pains which are to come can be and are to be avoided

**Theresa** will lead two workshops for students and teachers at any level of practice to sense how the logic and clarity of alignment in Iyengar Yoga asana is capable of both revealing and undoing the problems in our natural posture and movement that may lead to pain and injury.

We will focus on the arms and legs, because misalignment in the extremities often leads to deeper troubles in the spine and even the organic body. Theresa will present simple ways to correct a variety of common difficulties using both internal self-adjustments, as well as the conventional array of external supports.

**1:00 p.m. – 3:30 p.m.**

**4:00 p.m. – 6:00 p.m.**

**Note about Workshops:**

**The first workshop and second workshop are different, one builds on the other, but each can be taken separately. It is all one topic.**