



40 Gerard Street, Huntington Village  
www.bodyandsoulcenter.net

# IYENGAR YOGA

a workshop with

**Theresa Rowland**

**March 21, 2010**

**11:00 am – 1:30 pm**

**Key Concepts of Yoga**

**Theresa Rowland**



Theresa is the Director of Studio Yoga and Studio Yoga Teacher Education Program in Madison, NJ. She has been teaching for 42 years and holds several Iyengar Yoga Teacher Certifications.

Known in particular for teaching backbends; her classes are creative, challenging, inspiring, and lots of fun!

Deepen your practice and expand your knowledge of sequencing. So often our practice becomes unsatisfying, or we can't even get started on a daily practice. Or as teachers we are looking for ways to progress our students within an easeful practice. Part of the answer lies in not only knowing what poses to do, but in what sequence to apply the necessary actions. Be simple, but go beyond just practicing what your teacher presents in class, or beyond the sequences presented in a book. This workshop is a window into understanding what you experience in your weekly classes as well as how to approach your own personal yoga practice.

**Each Workshop \$45**  
**\$40 for IYAGNY Members**

**Or both workshops for \$85**  
**\$75 for IYAGNY Members**

**Registration required**  
**631.385.4664**

**2:00 – 4:30pm**

**Back Care First Aid**

Does your back get sore and tired after teaching yoga or working in the yard all day? Have you had a major back pain episode where you can't lie down, sit up, walk, or put on your own shoes? Yoga is famous for preventing and reducing back pain. Experience how B.K.S. Iyengar modifies basic yoga poses to get you on the road to recovery and living peacefully in your body.