

Bend Over Backwards: Yoga in the Iyengar Tradition Presents:

FOUNDATIONS OF ASANA WITH MARY LOU WEPRIN

Friday March 22 – Sunday March 24, 2019

This workshop will focus on the basic principles of movement and alignment as well as the spiritual and philosophical values inherent in the Iyengar method. You will take away a framework upon which you may design a sequence for practice and teaching while incorporating the essential foundations of yoga asana.

Mary Lou Weprin has been teaching since 1980 at The Yoga Room in Berkeley, California. Her background includes study with BKS Iyengar and Geeta Iyengar as well as Donald Moyer, Ramanand Patel, Judith Lasater and the late Mary Dunn.



WORKSHOP DETAILS

Location of Workshop



A beautiful place: Yoga Weyr, situated just south of Nanaimo, is set on scenic acreage. A place that is filled with warmth and peace.

Yoga Weyr

1990 Frey Road, Nanaimo B.C.

http://yogaweyr.com/Yoga_Weyr/Contact_us.html

Please bring the following Yoga props:

- Mat
- Blanket(s)
- Bolster
- Belt
- Foam chip blocks – 4
- Wood blocks – 2
- Hard foam blocks - 2

+ additional if required for Salamba Sarvangasana

Times

FRIDAY – MARCH 22	6 PM TO 8 PM
SATURDAY – MARCH 23	9 AM TO NOON BREAK (45 MIN) 12:45 PM TO 2:45 PM
SUNDAY – MARCH 24	9 AM TO NOON

\$325.00

Registration opens December 1, 2018

Payment in Canadian funds by CDN bank cheque or money order, or U.S. bank draft, payable to Kelly Murphy and mail with

registration form to:

TRACY HARVEY
2915 NEWTON ST
NANAIMO BC V9T 2Y2
CANADA

Basic travel and accommodation information is attached. For further information or assistance contact:

Tracy Harvey

Email: TLHarvey@shaw.ca

Phone: (250) 758-7518

Participants should have at least one year of Iyengar style yoga experience and should be familiar with Salamba Sirsasana (headstand), Salamba Sarvangasana (shoulder stand), and Urdhva Dhanurasana (upward facing bow).

MARY LOU WEPRIN, MARCH 22-24, 2019 REGISTRATION FORM		
Name:		
Phone:	E-mail:	
Address:		
City:	Province/State:	Postal or ZIP Code:
Emergency Contact Information (Name and Phone Number):	Payment in Canadian funds by CDN bank cheque or money order, or U.S. bank draft, payable to Kelly Murphy and mail with registration form to: TRACY HARVEY 2915 NEWTON ST NANAIMO BC V9T 2Y2 CANADA	
Refund Policy – please read No guarantees on full refunds for any cancellations received after January 22 UNLESS we can find a suitable replacement. If you cancel within 15 days (Mar 1) and we have no replacement we shall refund IF we meet our commitments to our teacher, the rent and associated costs - in which case we refund as much as we can. (We have successfully managed full refunds in the past.)		

Cut here:

***** Registration begins December 1, 2018 *****

Travel and Accommodation Info

<p>Nanaimo is situated on the East Coast of Vancouver Island. http://www.nanaimo.ca/</p> <p>How to get to Nanaimo: → BC Ferries from Tsawwassen to Duke Point or Horseshoe Bay to Departure Bay http://www.bcferries.com/schedules/mainland/ → Air from Vancouver YVR to Nanaimo Regional Airport YCD http://www.nanaimoairport.com/ Or Harbour Air from downtown Vancouver to downtown Nanaimo http://www.harbourair.com/ (Flights are also available from the Vancouver YVR South Terminal to Nanaimo Harbour)</p>	<p>On site accommodation option Yoga Weyr has a small single room with a private bathroom and shower. Cost \$65.00 + GST per night. Also available is a garage loft, with four single beds, shared accommodations. kitchen and bathroom. \$140.00 + GST per night or \$35.00 + HST per person, single occupancy. To make a reservation call 250-753-4346. http://yogaweyr.com/Yoga_Weyr/Contact_us.html</p> <p>General Accommodation Links http://www.nanaimo-info.com/gpage22.html http://www.tourismnanaimo.com/cms.asp?wpID=5</p>
<p>Directions to Yoga Weyr: From the Trans-Canada HWY (1) go east on Morden Road which is just south of the Duke Point Ferry turn off. (There is a Gas-N-Go on the west side at the lights) Take the first right turn on Main Road. Follow this road and it will turn into a dirt road. Pass the Nanaimo River Park and just beyond you will come to the Yoga Weyr gate on the left.</p>	

Bend Over Backwards Yoga

In the Iyengar Tradition - Nanaimo BC

<http://iyengaryogananaimo.com>

Facebook: iyengaryogananaimo