



# Mary Dunn Yoga Workshop Classes June 6-8, 2008

The **Ann Arbor YMCA** is pleased to present workshop classes with Senior Iyengar Yoga teacher, **Mary Dunn**. Mary began her practice and study of Iyengar Yoga with B.K.S. Iyengar in 1974, and has been active in the establishment and growth of the American Iyengar Yoga community. She is the Senior Teacher at the Iyengar Yoga Institute of New York. Mary teaches with great insight, clarity, and warmth.

**Please bring labeled props** if you have them.

**Please arrive early** – classes are large, late-comers disrupt classes in progress.

**REFUND POLICY** – no refunds after May 30.

**THE FRIDAY EVENING WORKSHOP IS OPEN TO EVERYONE AT ALL LEVELS OF EXPERIENCE**

## **EXPERIENCE REQUIREMENTS FOR SATURDAY & SUNDAY WORKSHOPS:**

Minimum 2 years recent Iyengar yoga study including experience in

Sirsasana (head balance) and Sarvangasana (shoulder balance), and backbends.

**These classes are general asana classes not suitable for students with serious medical issues or problems. Practitioners with such issues should consult their teachers for suitable practice guidelines.**

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### **Friday Evening Class (June 6 – All Levels of Experience)**

6:00PM -- 8:00PM                      **\$28** -- YMCA members                      **\$35** -- non-members

### **Saturday Classes (June 7 - See above prerequisites)**

9:00AM – 11:30AM                      **\$35** -- YMCA members                      **\$45** -- non-members

3:00PM – 5:30PM                      **\$35** -- YMCA members                      **\$45** -- non-members

### **Sunday Class (June 8 – See above prerequisites)**

9:30AM -- 11:30AM                      **\$28** -- YMCA members                      **\$35** -- non-members

**Registration information on back – online registration is available (keyword search “Mary Dunn”).**

Questions?                      Contact Dave Morris: [dmorris@annarborymca.org](mailto:dmorris@annarborymca.org)

734-661-8052

