



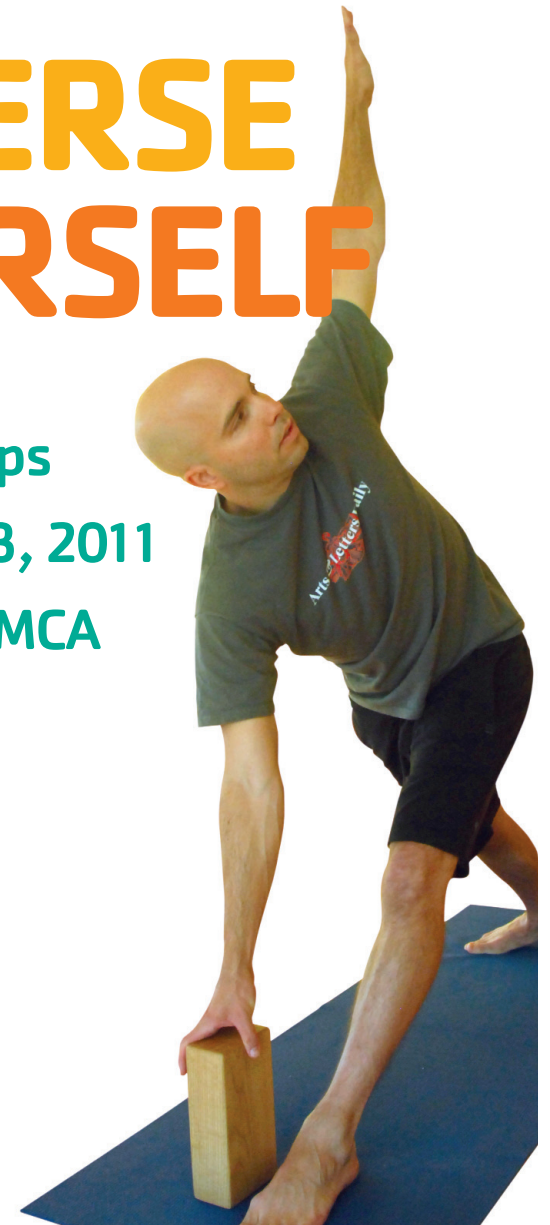
FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IMMERSE YOURSELF

Lois Steinberg  
Yoga Workshops

February 11–13, 2011

ANN ARBOR YMCA



**ANN ARBOR YMCA**

400 West Washington Street  
Ann Arbor, Michigan 48103  
(734) 996-9622

[www.annarborymca.org](http://www.annarborymca.org)

# LOIS STEINBERG YOGA WORKSHOPS

February 11–13, 2011

The Ann Arbor YMCA is pleased to host a return visit from senior teacher Lois Steinberg, an Advanced Junior 2 Certified Iyengar Yoga instructor with over thirty years of study, practice, and teaching experience. Her extensive study with BKS Iyengar and his family includes annual participation in general and medical classes at RIMYI, coordination of the **International Women's Intensive** with Geeta Iyengar, and production of the notes from that course in 1997. Lois also produced **Geeta S. Iyengar's Guide to a Woman's Yoga Practice**. Her most current book is **Iyengar Yoga Therapeutics: the Neck and Shoulders**. Lois' teaching emphasizes and exemplifies whole-body transformation through the joy of regular immersion in practice.

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

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

## REFUND POLICY

No refunds after January 21, 2011

## EXPERIENCE REQUIREMENTS

**Friday Evening Workshop:** Open to everyone with six months or more of Iyengar experience. This is a great way to try a workshop class.

**Saturday and Sunday Workshops:** Two or more years of Iyengar experience are required, plus some experience with inversions and back bends.

## SCHEDULE & FEES

### Friday Evening Workshop (February 11)

6:00 p.m.–8:00 p.m.      \$30 YMCA member      \$40 community member

### Saturday Workshop (February 12)

9:00 a.m.–11:30 a.m.      Asana      \$35 YMCA member      \$45 community member

3:30 p.m.–5:30 p.m.      Asana      \$30 YMCA member      \$40 community member

### Sunday Workshop (February 13)

9:30 a.m.–11:30 a.m.      Asana      \$30 YMCA member      \$40 community member

12:00 p.m.–1:30 p.m.      Recuperative/Pranayama  
\$28 YMCA member      \$30 community member

Online registration is available at [www.annarborymca.org](http://www.annarborymca.org)  
(keyword search "Lois")

**Questions?** Contact Dave Morris at [dmorris@annarborymca.org](mailto:dmorris@annarborymca.org) or  
734-661-8052

# REGISTRATION FORM: LOIS STEINBERG YOGA WORKSHOPS AT THE ANN ARBOR YMCA

February 11–13, 2011

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

YMCA Member       Community Member

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

### Friday Workshop

YMCA Member \$30      Community member \$40      \_\_\_\_\_

### Saturday Morning Workshop

YMCA Member \$35      Community member \$45      \_\_\_\_\_

### Saturday Afternoon Workshop

YMCA Member \$30      Community member \$40      \_\_\_\_\_

### Sunday Morning Workshop

YMCA Member \$30      Community member \$40      \_\_\_\_\_

### Sunday Afternoon Workshop

YMCA Member \$28      Community member \$30      \_\_\_\_\_

**TOTAL**      \_\_\_\_\_

Payment Method:  Cash       Check # \_\_\_\_\_

Credit Card:  VISA       MASTERCARD       DISCOVER       AMEX

Credit Card Number: \_\_\_\_\_ Exp: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Online registration is available at [www.annarborymca.org](http://www.annarborymca.org) (keyword search "Lois")

## PLEASE NOTE:

**NO REFUNDS AFTER JANUARY 21**