

MARY OBENDORFER WORKSHOP

April 8th–10th, 2011

We are pleased to welcome Mary Obendorfer for her seventh visit to the Yoga Center!

Mary is a Senior Certified Iyengar Yoga Teacher and a current assessor for the National Board of Iyengar Yoga Teacher Certification. She teaches internationally and across the US, conducting teacher trainings, workshops, and yoga vacations. Mary has been to India 15 times, most recently for six months in 2009 and a full year in 2003, to study closely with the Iyengars at the Ramamani Iyengar Memorial Yoga Institute in Pune. She has practiced yoga since 1981. She directs the BKS Iyengar Yoga Centers of San Diego where she has conducted the rigorous 2-year Teacher Training Course for many years.

Mary was one of the few people from around the world to go to the invitation-only Back Bend Intensive given directly by Mr. Iyengar. She has also worked with Dr. Mary Schatz in India documenting the therapeutic yoga for which Mr. Iyengar is famous. Mary's love for yoga is infectious and inspiring. She radiates the light of yoga.



"Mary is a gentle soul with a fiery passion towards Iyengar Yoga. She has tremendous intelligence and a compassionate heart as well as a genius for teaching Iyengar Yoga." Linda Lutz, Elm Street Yoga, Columbia, Missouri

The workshop includes

- Teacher training for asana and for students' special needs
- Developing understanding—not just knowledge
- Sequencing for the mind as well as the body
- Developing versatility in practice & teaching
- Improving the ability to observe & correct
- Principles of practice & teaching explained & explored
- Your questions answered & your answers questioned!

Your payment holds your spot. No refunds after March 21st unless we have another person to fill the space. Please let us know if you need help with lodging.

YOGA CENTER OF LAWRENCE
 920 MASSACHUSETTS ST., SUITE 4
 LAWRENCE, KS 66044
 (785) 830-YOGA (9642)
 E-MAIL: yogacenter@sunflower.com
 WEB: http://yogacenteroflawrence.org

Workshop Class Schedule and Fees		
<u>Friday</u>	6:30–8:30 pm	Asana
<u>Saturday</u>	8:00–9:00 am	Pranayama
	9:30 am–noon	Asana
	1:30–5:00 pm	Teacher Training: Asana
<u>Sunday</u>	8:00–9:00 am	Pranayama
	9:30 am–noon	Asana
	1:15–3:45 pm	Teacher Training: Addressing Special Needs—Low backs and knees
Entire Workshop (includes Teacher Training classes)		\$ 235
Asana and Pranayama (excludes Teacher Training classes)		\$ 155
Single Pranayama Class		\$ 20
Single Asana Class		\$45 Fri, \$50 Sat & Sun



WORKSHOP REGISTRATION

DATE _____

Name _____ E-mail _____

Address (incl. Zip) _____

Telephone (H) _____ (O) _____



PAYMENT IN FULL BY CASH OR CHECK IS REQUIRED FOR EACH CLASS IN WHICH YOU WISH TO ENROLL.
 MAIL TO:
 Yoga Center of Lawrence
 920 Massachusetts St., #4
 Lawrence, KS 66044

DAY	TIME	CLASS FEE

CHECK #: _____ TOTAL: \$ _____

