

**Weekend Workshop with
Manouso Manos
February 24 - 26, 2012**

Manouso is one of the most capable and experienced of the
Senior Iyengar Yoga Teachers

He began his studies with Yogacharya B.K.S. Iyengar in 1976.
After numerous trips to Pune, India and nearly 36 years of personal practice, his
understanding of, and insights into Iyengar Yoga are conveyed with authenticity
and precision.

Friday, February 24 (6-8pm) and Saturday February 25 (10-12 & 1-3pm)

First United Methodist Church of La Mesa (Social Hall)
4690 Palm Ave., La Mesa, CA

Sunday February 26, 2012 (9AM – NOON)

San Diego Yoga Studio
4134 Napier St., San Diego, CA

**Participants must bring their own props: chair, strap, 2 blocks, mat and
blankets (enough for your sarvangasana)**

-----Registration Form-----

To register for the Manouso Manos Workshop, please send this form and check payable to:
Iyengar Yoga Center of La Mesa, 8285 La Mesa Blvd. Ste.C, La Mesa, CA 91941
(pre-registration & pre-payment required)

No absolute beginners: 6 months Iyengar Yoga Required for Friday & Saturday

Friday (All Levels) 6 – 8 pm

Saturday (All Levels) 10 - noon

Saturday (All Levels) 1 – 3 pm

Friday & Saturday classes: 1 class - \$50 2 classes \$85 3 classes \$120

Sunday 9 am to Noon - \$80

All Classes - \$190

Total Enclosed _____

Name _____

Address _____ City _____ ST _____ Zip _____

Phone _____ Email _____

For Information Call: (619) 871-8380