



# IYENGAR YOGA

Sarasota



AUGUST 2017  
312 N. OSPREY AVE

## CERTIFIED IYENGAR TEACHERS

Susan Marcus, PhD

Deborah Di Carlo

Paula Curtis

## TEACHER IN TRAINING

Jayanthi Gopalakrishnan

Go to [www.iyengaryogasarasota.com](http://www.iyengaryogasarasota.com) to pre-register for classes.

\$20.00 drop in; packages available.

Contact Susan:

941-363-1085

[susan@iyengaryogasarasota.com](mailto:susan@iyengaryogasarasota.com)

## Monday

5:30 to 7:00 PM — Advanced Class

No class on August 21, 2017

## Tuesday

8:30 to 10:00 AM — Level 1-2

10:30 to 12:00 noon — Introduction to Yoga

No classes on August 22, 2017

## Wednesday

8:30 to 10:00 AM — Level 1-2

No class on August 23, 2017

## Thursday

8:15 to 9:45 AM — Level 1-2

6:15 to 7:45pm — Level 1

No class on August 24, 2017

**Saturday** — Introduction to Yoga

**August 5—26**

11:00 AM to 12:30 PM



*"Yoga is ... perfect harmony of the body, senses, mind and intellect, reason, consciousness and self. When all these are integrated that is true Yoga." - B.K.S. Iyengar*

[www.iyengaryogasarasota.com](http://www.iyengaryogasarasota.com)