



IYENGAR YOGA WORKSHOP

John Schumacher

October 1-3, 2010

John Schumacher is the founder and director of Unity Woods Yoga Center, Washington D.C., the largest Iyengar Yoga Center in the US. He has studied with B.K.S. Iyengar since 1981 and is one of the few teachers in the US to have been awarded an advanced teaching certificate from Mr. Iyengar.

John's clear, precise style and his engaging sense of humor have made him one of America's leading teachers. He has taught thousands of students and trained hundreds of teachers and continues to give classes throughout the world.

His articles on yoga have appeared in the Yoga Journal and numerous other publications. Over the years, photos of him performing yoga asanas have appeared in a wide selection of books, calendars, and magazines.



Look for John's article in the October issue of Yoga Journal. He also has many clips on Youtube. Don't miss his demonstration of arm balances! Recordings of his classes are available on ihanuman.com.

Workshop Schedule

Friday, October 1, 2010

6:00-8:00 pm

Saturday, October 2, 2010

9:30-12:30 pm & 3:30-5:30 pm

10-Year Anniversary Celebration

6:00-8:00 pm Vegetarian Buffet, Music and Dessert Table (Dessert table open for contributions!)

Sunday, October 3, 2010

9:00-12:00

The workshop is open to Iyengar yoga students who regularly practice Sarvangasana, Sirsasana, Adho Mukha Vrksasana and Urdhva Dhanurasana.

Name _____
Phone Number _____ Email _____
Address _____
City _____ State _____ Zip Code _____
Total Enclosed _____

Cost for workshop \$200 for MYC members. \$225 for non-members. Please sign up early! Space is limited. No refunds will be issued after September 20, 2010. Membership Fee \$25 for students or seniors 65+; \$35 for individuals; \$60 for family membership **Please make checks payable to: Milwaukee Yoga Center** (Include P.O. Box 11113 when mailing check.)



Questions? E-mail: myc@yogacenter.cc Or call: 414-332-3551

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