

# AN IYENGAR YOGA WEEKEND WITH JO ZUKOVICH

AT MIND BODY SOLUTIONS YOGA

*October 15 - 17, 2010*

**Location:** 17516 Minnetonka Boulevard (at Hwy. 101)  
952-473-3700 mindbodysolutions.org

<b>Schedule:</b> Friday, October 15	6:00 - 7:30 p.m.	\$30.00
Saturday, October 16	9:30 - 11:30 a.m.	\$40.00
Saturday, October 16	1:00 - 3:00 p.m.	\$40.00
Sunday, October 17	10:00 - 12:00 noon	\$40.00

Weekend Package: \$135.00 (*Priority will be given to those signing up for the full weekend.*)

Classes are recommended for students with a minimum of 6 months of yoga experience.

Jo Zukovich, founder of the San Diego Yoga Studio, began practicing yoga in 1970, studying Iyengar yoga in 1980, has been teaching since 1984, and has traveled to India several times to study with the Iyengars. Jo's level of certification is Junior Intermediate III. Among her accomplishments, Jo has been an innovator in helping disabled people (including Matt Sanford, Mind Body Solutions founder) experience the benefits of the Iyengar method.

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Register for An Iyengar Yoga Weekend with Jo Zukovich by completing and sending this form with a check payable to Mind Body Solutions at 17516 Minnetonka Blvd. Minnetonka, MN 55356. Deadline for registration is October 10, 2010.

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

Phone: \_\_\_\_\_

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

- Friday evening - \$30
- Saturday morning - \$40
- Saturday afternoon - \$40
- Sunday morning - \$40
- Full weekend - \$135

TOTAL ENCLOSED: \_\_\_\_\_