



The Iyengar Yoga Association of Minnesota  
is proud to sponsor a yoga workshop with

# Mary Obendorfer & Eddy Marks

September 17th–19th, 2010  
at the Saint Paul Yoga Center

1162 Selby Avenue • Saint Paul, MN 55104



Mary Obendorfer and Eddy Marks are senior level Iyengar teachers certified by Mr. Iyengar, adhering strictly to his methodology and typically spending two months every year studying in India. They spent a full year in 2003–2004 and another half year in 2009 studying with the Iyengars. Together they own and direct the BKS Iyengar Yoga Centers of San Diego, the first BKS Iyengar Yoga Center in Southern California (est. 1979). They conduct teacher trainings, workshops, and yoga vacations nationally and internationally.

## SCHEDULE & REGISTRATION

			member / non	I will be attending	Current IYAMN member?    yes <input type="checkbox"/> no <input type="checkbox"/>
Friday	<i>advanced asana</i>	3:30 – 5:30 P.M.	\$33 / \$42	<input type="checkbox"/>	<i>If not, you may join or renew now:</i>
	<i>asana</i>	6:00 – 8:00 P.M.	\$33 / \$42	<input type="checkbox"/>	Annual membership fee    \$55 <input type="checkbox"/>
Saturday	<i>asana</i>	12:30 – 2:30 P.M.	\$33 / \$42	<input type="checkbox"/>	Annual Yoga Rahasya subscription    \$25 <input type="checkbox"/>
	<i>asana</i>	4:30 – 6:30 P.M.	\$33 / \$42	<input type="checkbox"/>	Total enclosed _____
Sunday	<i>pranayama</i>	9:00 – 10:00 A.M.	\$17 / \$22	<input type="checkbox"/>	Please fill out this form and send with payment
	<i>asana</i>	10:30 – 1:00 P.M.	\$42 / \$52	<input type="checkbox"/>	by 9/9/10 to IYAMN at P.O. Box 582381
Entire workshop (no advanced class)			\$140 / \$180	<input type="checkbox"/>	Minneapolis, MN 55458-2381. Call Susan
Entire workshop (with advanced class)			\$170 / \$215	<input type="checkbox"/>	Johnson with questions at 651.488.5480 or
<b>REGISTER EARLY FOR A DISCOUNT (by 9/1/10)</b>					email <a href="mailto:iyamn@iynaus.org">iyamn@iynaus.org</a> . Refunds less a \$25
Entire workshop (no advanced class)			\$130 / \$170	<input type="checkbox"/>	administrative fee possible until 9/9/10. No refunds
Entire workshop (with advanced class)			\$160 / \$205	<input type="checkbox"/>	after 9/10/10. Register early! Classes fill quickly.

*Recommended minimum six months of Iyengar yoga study to participate. Advanced level participants should have a regular practice including minimum five-minute Sirsasana, ten-minute Sarvangasana, independent Urdhva Dhanurasana, and Viparita Dandasana.*

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

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

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