

2010 Yoga Workshop Schedule

August 20-22

**Level I/II Yoga Retreat
with Bobbie Fultz**

The first 2 classes of this retreat are open for students new to the Iyengar method of Yoga, with less than 2 years continuous study. AVG Vedanta camp students are welcome to attend for a yoga camp experience. The second half of the course requires previous training in the Iyengar method of yoga with inverted poses and full backbends. Teachers and students of other methods of yoga can explore Iyengar yoga in workshop format. Young people should be at least 15 years old to participate. Bobbie Fultz is an Intermediate Junior II certified Iyengar teacher based in Denver, CO. She was the resident yoga teacher at AVG for 8 years.

For more information and registration contact Bobbie at bobbie.fultz@gmail.com or 303-905-8603.

September 8-15

Yoga & Sound

**An Intermediate/Advanced workshop
with Ramanand Patel & Mukesh Desai
Pujya Swami Dayananda Saraswati**

Yoga & Sound is a tool for feeling the breath. Absorption into sound while in yoga poses enables the breath to flow more freely bringing inner peace that leads the aspirant to merge with the formless. Discourses in Vedanta bring a deeper understanding of the Self.

Please contact Ramanand directly at Yogirama@aol.com with any questions. Registration will be handled by Nila Patel who can be reached at Nilasur@aol.com

November 5-7

**Iyengar Yoga Ashram Retreat
with Jean Aronoff**

Jean has brought her students from Long Island on retreat to Arsha Vidya for several years. The traditional surroundings of the ashram and Vedic temple offer a glimpse of the home culture of yoga and inspire the students to explore the spiritual nature of their studies. Jean is a certified Iyengar Yoga teacher who has made several trips to India on pilgrimage to Pune to study with the Iyengar family and to visit other spiritual sites.

Students need a minimum of three serious years of training in the Iyengar method to participate in the weekend studies.

For more information and registration contact Jean at mjaro3@netzero.com or 516-621-1178.

November 12-14

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For more information and registration contact Shubha at shubha78@hotmail.com or 570-992-2339 extension 241.

2011

April 8-10

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April 16-20

**Health through Yoga
with Mira Mehta**

This course is geared towards developing knowledge about Yoga through understanding the underlying philosophy and practical principles. Each day will explore a separate theme and different types of asanas, integrating practice with theory from various Yoga-related texts (Yoga sutras, Hatha Yoga texts, Ayurveda). Participants will be encouraged to ask questions so that the sessions are directly relevant to the group. Applicants should preferably have practiced Yoga for at least 3 years.

Mira Mehta is a senior Iyengar teacher based in London.

For more information and registration contact Jessica Rodgers at jessica@somayogaithaca.com or 607-273-2555.

May 20-21

**Practice and Renunciation
with Dean Lerner**

In this workshop, advanced certified Iyengar instructor Dean Lerner will help you access the yogic path of self-transformation. Through specialized work within asana and pranayama, Dean will guide you experience the one pointed attention that is the result of our practice. Be prepared to stretch your mind as well as your body in this exciting weekend of Iyengar yoga offered by one of the most loved Iyengar teachers. Participants should have training in Iyengar yoga and have a practice of timed inversions.

Dean Lerner is an Advanced Junior I certified Iyengar teacher based in State College, PA.

Contact Diana Erney at AVGyoga@gmail.com or 610-509-3677 for more information and registration.

June 22-26

**Summer Solstice
with Janet MacLeod, Regina Brunig and Pat Layton**

Change of season should be reflected in one's practice of yoga. The exterior environment and the interior environment need to interact harmoniously to bring balance to daily living. Sequence is the art that changes yoga practice from routine to revelation of well-being. Experience Janet's talent for sequencing in this 4 day workshop eclipsed by the solstice. Participants should have training in Iyengar yoga and have a practice of timed inversions.

Janet MacLeod is an Intermediate Junior III certified Iyengar teacher based in San Francisco, CA. Regina Brunig will again offer her expertise in Patanjali Yoga Sutra chanting to the event. And Pat Layton will present 2 sessions on Emotional Purification: Bringing Stability to the Mind & Emotions with Ayurveda and Yoga. Pat is a graduate of the California College of Ayurveda.

Contact Diana Erney at AVGyoga@gmail.com or 610-509-3677 for flyer and registration.