

# Iyengar Yoga Workshop

with Rebecca Lerner · March 27 - 29, 2020  
Yoga Loft in the Village, Sheffield Village, Ohio



**Rebecca Lerner** is co-director of the Iyengar Yoga Institute of Central Pennsylvania. Rebecca is an Advanced Jr. I Certified Iyengar Yoga Instructor, and has studied numerous times in India. She continues to study regularly with the Iyengars. A devoted and seasoned practitioner since 1976, Rebecca brings keen insight, perception, and depth to her teaching in a clear, concise, straight forward manner. In addition to her public classes at the Iyengar Yoga Institute of Central Pennsylvania, Rebecca conducts private yoga therapy sessions, has been the resident yoga teacher at the State College Friends School (K-8) since 1992. She serves on the IYNAUS board and is an assessor.

## SCHEDULE

Friday, March 27: 6:00pm – 8:30pm  
Saturday, March 28: 10:00am - 12:30pm  
Saturday, March 28: 2:30 - 5:00pm (Restoratives and Pranayama)  
Sunday, March 29: 10:00am to 12:30pm

## COST

Entire weekend postmarked by February 28: \$190. After February 28: \$220.  
Individual classes: \$60.

## REFUNDS

Available until February 28, minus a \$35 fee. **No refunds after February 28.**

## LOCATION

Yoga Loft in the Village, 5445 Detroit Road, Sheffield Village, Ohio.

## PROPS

Bring a sticky mat, a yoga belt, 3 firm blankets, and 2 yoga blocks.

## REGISTRATION

Send full amount, or a \$50 deposit to reserve your spot. Full payment must be postmarked by February 28 to receive reduced rate. Space is limited, and priority will be given to full weekend registrants.

## INFORMATION

Return this form with your check payable to:  
**Vicky Elwell · 3855 East Lake Road · Sheffield Lake, Ohio 44054**  
440-258-7941 · [vicky@vickyelwell.com](mailto:vicky@vickyelwell.com) · [www.yogaloftinthevillage.com](http://www.yogaloftinthevillage.com)

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**We will confirm your registration and send information via e-mail. Please print clearly.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

- \$190 (postmarked by Feb. 28)    \$220 (mailed after Feb. 28)    \$50 (deposit)  
 \$60 (Friday pm)    \$60 (Saturday am)    \$60 (Saturday pm)    \$60 (Sunday am)

\_\_\_\_\_ Amount enclosed