



Bobby Clennell

March 28-29, 2015

Sue Salaniuk
180 Little Lake Dr. #1
Ann Arbor, MI 48103
yogaspacennarbor.com
734-622-9600



Bobby Clennell has been a direct student of B.K.S. Iyengar and Geeta Iyengar for over 40 years and is a senior teacher at the Iyengar Yoga Institute of New York. She is the author and illustrator of three books, *The Woman's Yoga Book*, *Watch Me Do Yoga* and *Yoga for Breast Care*. Bobby's teaching style is strong, energetic, precise and kind. Bobby is also the creator of "Yoga Yantra", a short animated film based on the movements of B.K.S. Iyengar. For more information: www.bobbyclennell.com

A workshop for all levels of students

Saturday, 10am - 1pm: Standing poses. March 28 \$50

Developing Sensitivity in Asana: tuning into bones, joints, muscles and skin. The standing poses build strength and endurance, giving us a good foundation for all of the other poses. They can also, if we work with awareness, help us develop an understanding of the skin, the largest organ of sense. It is when the skin is aligned with the organs of action – the arms, legs and spine - that we find ourselves most at ease.

Saturday, 3 - 5pm: Restorative Asana and Pranayama. March 28 \$50

"The regulation of the breath brings all happiness, material and spiritual, from the acquisition of kingdoms to supreme bliss. Therefore, O Rama, study the science of the breath!" Bobby offers breathing practices that are soothing, settling and profound. *This pranayama class is suitable for students new to the Iyengar method of pranayama as well as the on-going practitioner.* We will work progressively and learn the fundamentals of a safe, secure and profound practice.

Sunday, 10am - 1pm: Breast Care. March 29 \$50

Breast Care For Everyone: Learn a practice which promotes lymphatic drainage, strengthens the immune system, supports liver function, and promotes ease and freedom in the chest, lungs, upper back and shoulders. (** Bobby's new book, *Yoga For Breast Care* came out, mid October 2014).

Sunday, 2 - 4:30: Forward Bends, Inversions and Bekasana. March 29 \$60

The arm balancing poses create tremendous a feeling of lightness, and we feel as if we can soar upward into the sky like a bird in flight. These poses also strengthen the hands, tone the arms and develop the abdominal muscles. We will work methodically: laying the foundations of the practice by first exploring the forward bends.

Registrations Form

(No refunds after March 14 unless your space is filled. For questions call Sue 734-622-9600 or sue@yogaspacennarbor.com.)

Name _____

Address _____

Email _____ Phone _____

Sat 10 -1 , Sat 3-5 , Sun 10 - 1 , Sun 2 - 4:30 Total Enclosed \$ _____ (full workshop \$210)

Make checks payable to The Yoga Space and mail to: 180 Little Lake Dr #1, Ann Arbor, MI 48103
You can assume you are enrolled unless you are notified. Please bring a mat, two blankets and a strap if possible.