

YOGA INVIVO - A SPECIAL WEEKEND WORKSHOP - QUÉBEC CITY

BOBBY CLENNELL

Senior Iyengar yoga teacher

July 2 to July 5, 2015

Thursday July 2, 6:00 pm–7:30 pm

Women recovering from breast cancer (free)

Friday July 3, 5:30 pm–8:00 pm

Developing sensitivity in asana: tuning into bones, joints, muscle and skin

Saturday July 4, 9:30 am–12:30pm

Working with the neck and shoulders

Saturday July 4, 2:30 pm–4:30 pm

Restorative asanas and pranayama

Sunday July 5, 9:30 am–1:00 pm

Propping your backbends

For a detailed description of the sessions and to register:

www.yogainvivo.com

or call **Yoga Invivo** at: 581-742-9642, info@yogainvivo.com
2828 boul Laurier, Complexe Jules Dallaire, Tour 1, Suite 345
Quebec City (QC) G1V 2M1

Workshop presented in English with French interpretation.
**Attendees should have at least two years
of yoga asana practice experience.**

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**July 2 - free class, donation suggested
advance registration required**

**July 3 to 5 - \$275 before April 20
\$315 after April 20**



Bobby Clennell has been a direct student of B.K.S. Iyengar, Geeta Iyengar, and Prashant Iyengar for 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 movement of B.K.S. Iyengar during his own practice. For more information on Bobby:

www.bobbyclennell.com.

