

# Sensitivity In Asana with Bobby Clennell

October 2-4, 2015  
Amelia Island, Florida



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 during his own yoga practice. For more information: [www.bobbyclennell.com](http://www.bobbyclennell.com).

## SCHEDULE and COST

Friday 6-8:30 pm:	Sensitivity in Asana- The Standing Poses \$60.00
Saturday 9-12 am: and 2-5 pm:	Working with the Neck and Shoulders \$80.00 Healthy Hips \$80.00
Sunday 9-12 am:	Forward Bends and Twists \$80.00
For entire workshop	\$275.00

**Developing Sensitivity in Asana: tuning into bones, joints, muscles and skin:** 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. When the skin is aligned with the organs of action – the arms, legs and spine - that we find ourselves most at ease.

**Working with the Neck and Shoulders:** We will follow a series of asana, which make us aware of these critical areas, balancing alignment with mobility and flexibility with strength to bring a renewed sense of poise in the postures.

**Healthy Hips:** "The hips are the seat of wisdom" B.K.S. Iyengar. Understand your hips and balance freedom with stability.

**Forward Bends and Twists:** Twists are energizing and warming. Forward bends are calming and cooling. When combined, we discover a quiet, yet stable frame of mind.

Location:  
Amelia Island Association of Realtors  
910 South 14th Street  
Fernandina Beach, FL 32034  
On Beautiful Amelia Island  
Bring: Mat, 3 blankets, chair, 2 blocks & strap  
Call Lisa Waas for props if traveling by air



Name:

email:

Address:

Phone:

Send Registration and Check to: Community Yoga, 223 North 4th Street, Fernandina Beach, FL 32034  
Cancellations will incur a \$50 administration fee.  
Contact Lisa Waas with questions 904-613-6345 – [www.yoga-amelia.com](http://www.yoga-amelia.com) – [iyengarlisa@gmail.com](mailto:iyengarlisa@gmail.com)