



Yoga as a Path to Well Being

Iyengar Yoga Workshop

with
Peentz Dubble

February 19-20-21, 2010

We are happy to have Peentz back in Memphis for her annual visit. Peentz lives and teaches yoga in Boston. She teaches workshops in Vermont at her retreat, Windhorse, and co-teaches a 2 year Teacher Training Program with Patricia Walden. Peentz is a certified Iyengar teacher and a long time practitioner of yoga. She brings with her a background of dance, love of movement and a depth of understanding of classical yoga. For more information about Peentz and her classes visit www.peentz.com.

Workshop Schedule

Friday Night Class, February 19

6 - 8 pm

Releasing Hamstrings and Gluteals

Releasing muscles in the back of the legs and around the hips and pelvis can reduce back pain and increase mobility and functionality of the hips and knees. as a result, you will have greater access to forward bending and twisting asana.

Saturday morning class, February 20

9:30 am - Noon

Shoulders: Strength and Flexibility

The shoulder joint is one of the most complex and well used joints in the body. To ensure health and longevity, we must treat our bodies with loving kindness and non-violence. In this class we will learn some of the ways to attend to our shoulders by both strengthening and mobilizing the muscles that support them.

Saturday afternoon class, February 20

3:30 - 5:30 pm

De-stressing through Restorative asana and Pranayama (awareness in breathing)

When we habitually overwork and overschedule ourselves, our mind and our body respond with symptoms that we call "stress". Come learn a sequence of asana and breathing techniques that will help restore vitality and balance your nervous system.

Sunday morning class, February 21

9:30 am - 12:00 Noon

Developing Core Strength and Inner Balance

How do we develop inner strength in both body and mind? Can we develop strength, confidence, resolve and focus, without becoming contracted, hard, harsh or rigid? Come and explore this topic with Peentz.

Cost of Total Workshop \$185.00

Cost of individual classes:

Fri & Sat afternoon \$45.00 ea.

Sat & Sun morning \$55.00 ea.

**To reserve a space
send a check of \$185.00 to:**

Lou Hoyt

**154 N. Goodlett
Memphis, TN 38117**

**For more information call Lou
(901) 767-6093**