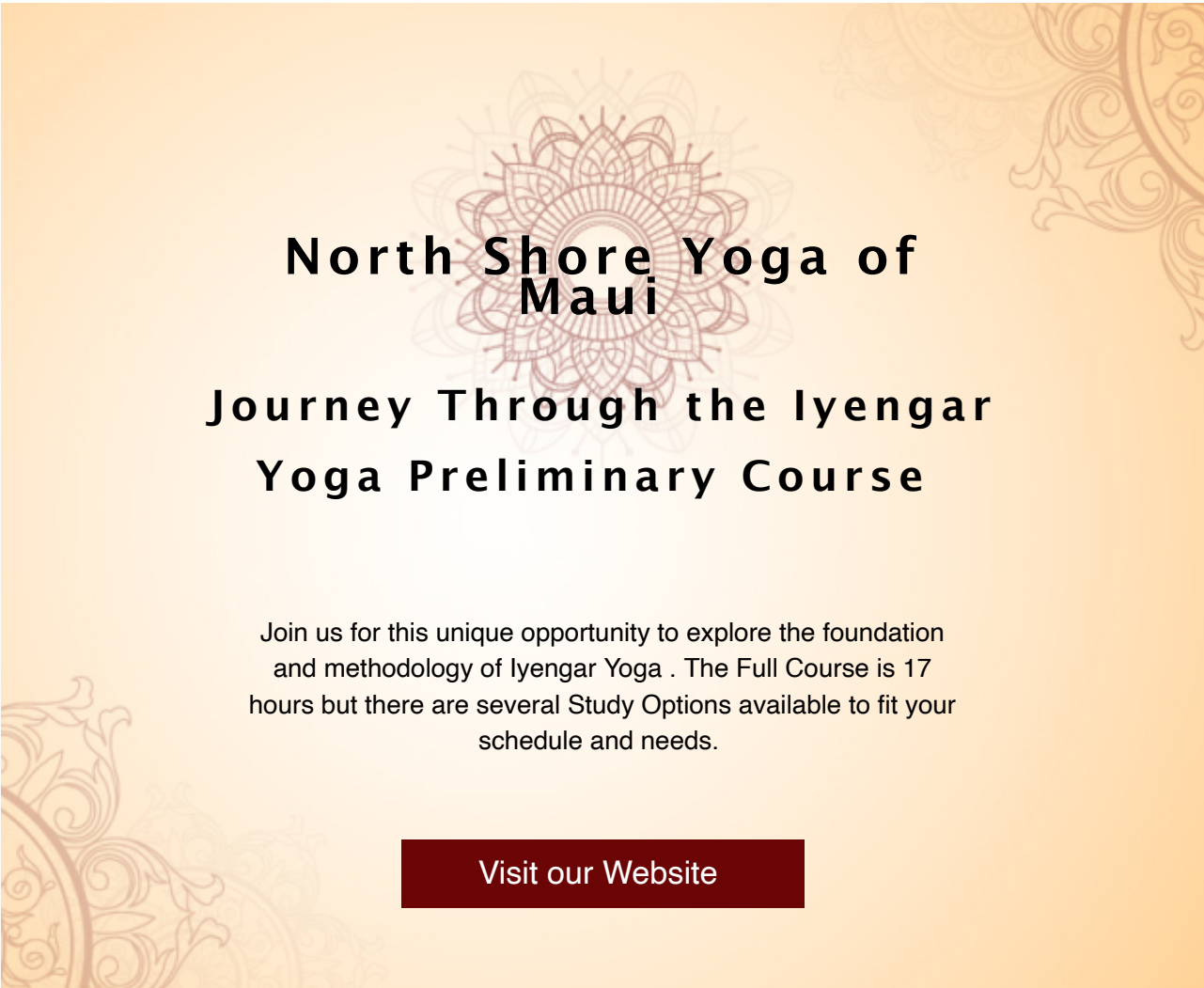


From: North Shore Yoga of Maui lee.iyengaryogamaui.com@postermymwall.com
Subject: Iyengar Yoga Awaits You!
Date: May 2, 2025 at 6:49 PM
To: leeking2@aol.com



North Shore Yoga of Maui

Journey Through the Iyengar Yoga Preliminary Course

Join us for this unique opportunity to explore the foundation and methodology of Iyengar Yoga . The Full Course is 17 hours but there are several Study Options available to fit your schedule and needs.

[Visit our Website](#)

Who is this program designed for?
Students who are new to yoga or new to Iyengar Yoga can learn the basics from highly experienced and skillful teachers.
Students and Teachers from other methods can learn how alignment, sequencing, timing and use of props can profoundly affect your practice and teaching .
Iyengar Yoga Practitioners can learn to more deeply understand the methodology of learning and practice.

Everyone can discover safe, balanced ,
intelligent sequences to integrate into your
personal practice and sustain it for a lifetime!



Lee Raden



Your Teachers



Tracy Erickson

Dates & Options

Course Introduction & Overview

Sunday May 25 9 -11:30 AM

\$30

You can attend this and decide whether or not the Course is for
you if you are not ready to commit to the Full Program .

Tuesday Mornings 9:00 - 10:30 AM 6/3, 6/10, 6/17, 6/24

Thursday Evenings - 4:30 - 6:00 PM 6/5, 6/12, 6/19, 6/26

Final Session

Sunday July 6 9-11:30 AM

Option #1: 2 Sundays, 4 Tuesdays AND 4 Thursdays (17 hrs)

\$170

Option #2: 2 Sundays 4 Tuesdays OR 4 Thursdays.(13 hrs) \$110

Option #3: Sundays only (5 hrs) \$30 ea

Option #4: Tuesday or Thursday Classes only \$20/class or
4 classes for \$60



What Will You Learn?

REGISTER NOW

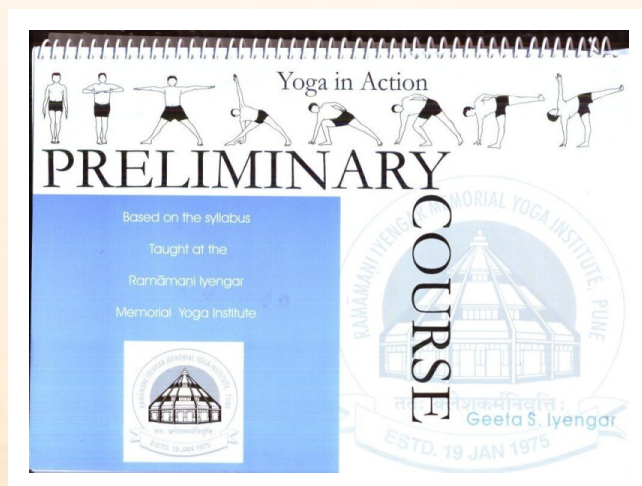
Using the Preliminary Course Book, you will begin to learn

:

- 1) The Sanskrit Names of the Asanas(postures)
- 2) The Main Families or Asana Groups and how they are introduced and relate to each other
- 3) How to follow the sequences for Home Practice
- 4) The basic instructions and actions to take you into the asanas, maintain your shape and breath in the asana and how to safely come out of the pose.

Please bring your copy of the Preliminary Course Book to Class(es) with you . If you do not have a book please let us know. You can order a copy [here](#)

Buy Book



We look forward to seeing you soon !

