

# North Shore Yoga of Maui

# 2025

## Iyengar Yoga Odyssey

**Jan 12**

### With Gratitude & Devotion

A Long Uninterrupted 2.5 Hour Asana Practice

**Feb 16**

### The Heart of the Lotus

"Hip Openers" for Padmasana Postures

**March 16**

### Learning to Fly

An Introduction to Arm Balances

**April 13**

### A Leg to Stand On

Finding Balance in an Unbalanced World

**May 18**

### The Honu Practice

Deep Forward Extensions

**June 22**

### Backbending to the Self

You Must be a student of Iyengar Yoga to attend these Mini- Workshop offerings. All Classes are Sunday Mornings 9: 00 - 12:30 . \$25.

Pre-Registration Required