

# Iyengar Yoga Source



presents a workshop with

PATRICIA WALDEN

## Light on the Teachings of BKS Iyengar

MARCH 2-4, 2012

Iyengar Yoga Source at Conley's Wharf  
200 Allens Avenue, Suite 4A  
Providence, Rhode Island

FRIDAY, MARCH 2

6-8 pm

SATURDAY, MARCH 3

10:30 am - 1 pm

SATURDAY, MARCH 3

3-5 pm

SUNDAY, MARCH 4

10:30 am - 2:30 pm

*Intermediate level\**



PATRICIA WALDEN met her teacher, Yogacharya B.K.S. Iyengar, in 1976. She has studied with him annually in India since that time, becoming one of the only two Americans to hold a senior advanced teaching certificate in the Iyengar tradition. She was named one of "25 American Yoga Originals Who Are Shaping Yoga Today" by *Yoga Journal* and was featured in *Time* for her work with yoga and healing. Patricia's series of yoga videos, including the *Yoga Journal's* "Yoga for Beginners," has contributed to the current popularity of yoga throughout the world. She teaches in the Boston area and conducts workshops and retreats worldwide.



*\*Free-standing Sirsasana; free-standing Sarvangasana; Adho Mukha Vrksasana at the wall; Urdhva Dhanurasana with straight arms*

*Limited to 40 students; register early to ensure space.*

PLEASE INDICATE SESSION(S) YOU WILL ATTEND:

Friday evening \_\_\_\_\_ Saturday mid-day \_\_\_\_\_

Saturday afternoon \_\_\_\_\_ Sunday mid-day \_\_\_\_\_

Friday evening or Saturday afternoon: \$50 each

Saturday mid-day: \$60

Sunday mid-day: \$95

Full workshop \$235

PLEASE INDICATE TOTAL COST: \$ \_\_\_\_\_

Pre-registration and pre-payment are required. Please mail this form, with a check payable to Iyengar Yoga Source, to: 149 Sheffield Avenue, Pawtucket RI 02860. For more information: 401.461.6665 or [info@lindadicarlo.com](mailto:info@lindadicarlo.com).

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE NO. \_\_\_\_\_

E-MAIL \_\_\_\_\_