

**Weekend Workshop with
Manouso Manos
February 23 - 25, 2018**

Manouso is one of the most capable and experienced of the Senior Iyengar Yoga Teachers. He began his studies with Yogacharya B.K.S. Iyengar in 1976. After numerous trips to Pune, India and over 40 years of personal practice, Manouso's understanding of and insights into Iyengar Yoga are conveyed with authenticity and precision.

**Friday, Feb 23 (6 - 8pm) - \$50
Saturday, Feb 24 (9am - 1:15pm) - \$100
Sunday Feb 25 (9am - noon) - \$80
*Entire Weekend - \$215 (Save \$15)***

All Classes at
San Diego Yoga Studio
4134 Napier Street, San Diego, CA

All teachers should bring their own props: chair, strap, 2 blocks, mat and blankets (enough for your Sarvangasana)

-----Registration Form-----

To register for the Manouso Manos Workshop, please ***send this form and check payable to:***

**Iyengar Yoga La Mesa
8285 La Mesa Blvd. Suite C
La Mesa, CA 91941**

(pre-registration & pre-payment required)

No absolute beginners: 6 months Iyengar Yoga Required for all classes

- Friday - 6 to 8 pm - \$50**
- Saturday - 9am to 1:15pm - \$100**
- Sunday - 9 am to Noon - \$85**
- All Three Classes - \$215 (Save \$15)***

Total Enclosed \$ _____

Name _____

Address _____

City _____ ST _____ Zip _____

Phone _____ Email _____