



# Iyengar Yoga Centre of Victoria

the yog—e august 2010



A non-profit organization dedicated to encouraging physical, mental, and spiritual growth by the study and discipline of yoga since 1976.

## **Back by Popular Demand! Unlimited Yoga Pass**

Enjoy the benefits of unlimited yoga classes Sept. 8—Oct. 31  
Only \$199 +tax.

## **New this fall: OM Pass**

12 half-hour segments only \$55 +tax. Drop-in Sept. 8—Oct. 31.

*Note:* Special Needs, Pre and Post Natal, Highschool, Kids, and Family are by registration only. Registered students have a reserved space in Birch studio classes. Pass holders are welcome, space permitting.

## **Fall Registration is now open. Some new classes...**

Mon. 8:30—9:30 am Beginner with Charles Campbell

Mon. 10:30—12 pm 50+

Tue. 6:45—8:15 pm Beginner with Jayne Jonas

Wed. 6:30—7:30 am All Levels with Corrine Lowen

Wed. 7:45—8:45 pm Beginner with Soo Youn Ham

Thu. 8:30—9:30 am Beginner with Britta Poisson

## **Events and Workshops on the Horizon**

*Last minute registration still possible for the Footsteps of Patanjali.*

*Retreat on Saltspring with Shirley & Leslie starting Wed. Aug. 25.*

Aug 30—Sept 3

### **Student Intensive with Ty & Lauren**

9 am to 12 noon daily. Invigorate your practice of yogasana, pranayama, and philosophy in this 5 day intensive... *some spaces remaining.*

Sept 7—12

**Free Intro Classes...** see website for details.

Sept 18

### **Open House**

12—6 pm. Introduce your friends and family to dynamic, beginner-friendly asana classes. Explore yoga philosophy with Shirley Daventry French. Join in a kirtan with Bhavantu Sound. Tea and homemade cookies served.

Sept 24

**The Yoga Sutras of Patanjali:** *register now* with Shirley Daventry French  
Fri 6:30—8:30 pm

Sept 25—26

### **Going Deeper:** *register now*

All Levels Workshop with Shirley Daventry French  
Sat 11—1 pm and 3—5 pm  
Sun 10:30—1 pm, followed by refreshments.

The Centre is closed Labour Day weekend. No classes SAT, SUN, or MON. Registration Day: TUE the 7th. Fall term begins: WED the 8th.

## **Namaste**

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