

23rd Annual

# Manouso Manos

## Weekend Yoga Workshop

### August 14 - 16, 2009



The Iyengar Yoga Center of Boulder is honored to have Manouso return to Boulder with his precise teaching and therapeutic knowledge. Manouso is one of the most capable and experienced of the Senior Iyengar Yoga Teachers. He began his studies with Sri B.K.S. Iyengar in 1976, and served as chairperson of

the First International Iyengar Yoga Convention in 1984. After numerous trips to Pune, India and nearly 3 decades of personal practice, his understanding of and insights into Iyengar yoga are conveyed with authenticity and precision.

Methodical in his teaching, Manouso lays a solid foundation and progressively refines each of the asanas. His sense of humor and sensitivity shine through as his dynamic and challenging teaching style moves his students beyond their perceived limits.

## REGISTRATION

Go to [www.boulderyoga.com](http://www.boulderyoga.com), or call 303-444-YOGA

\$160 Entire Workshop or purchase classes separately - see schedule  
(Teachers Class sold separately)

Please register and pay a 50% deposit to reserve space.

### LOCATION

Friday classes at IYCB Center  
Saturday and Sunday classes  
at the Solstice Center at 3rd & Pearl.

### Fri, Aug 14

3 - 5 pm, Teachers Class \$35  
6 - 8 pm, All Levels Asana \$35

### Sat, Aug 15

10 am - Noon, All Levels Asana \$35  
2 - 4 pm, All Levels Asana \$35

### Sun, Aug. 16

8:30 - 9:30 am, Pranayama \$25  
10 am - 12:30 pm, All Levels Asana \$40

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**OF BOULDER**

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