



511 Octavia St.
New Orleans, LA 70115
504-821-9885

Chris Saudek is a long-time student of the Iyengars and is certified at the Senior Intermediate III level.

She is the owner and principle teacher at The Yoga Place in La Crosse, WI. She is the author of the laminated therapeutic sequence cards, the Yoga Karunta booklet, as well as the editor of the book Yoga During Pregnancy: A guide for Iyengar students and teachers. Chris holds a physical therapy degree but, having found yoga more effective for the whole of the human being, has been teaching Iyengar yoga for more than 27 years. Chris teaches with clarity, precision, and enthusiasm and shows great care and compassion for her students.

Chris Saudek Workshop

Fri. April 16 - Sun. April 18

Weekend Workshop:

Fri. 6-8pm
Sat. 9- noon
Sat. 3-5pm
Sun. 8:30-9:30am (pranayama)
Sun. 10am -1pm

The weekend workshop is open to students who have studied Iyengar yoga for at least one year. Students should be familiar with shoulder stand and head stand.

Priority will be given to students who register for the entire workshop. If space permits, students can attend individual classes. Chris has graciously offered to teach a pranayama class Sunday morning before the asana class.

Entire weekend workshop, \$205. (if received by April 3, \$190.)
You may deduct \$20. if you do not want to attend the pranayama class
2-hour classes \$40.; 3-hour classes \$60.; 1-hour class, \$20.

Space is limited. Pre-registration is highly recommended!

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Registration form



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Check here to register for the:

- weekend workshop, \$205. (\$190. if rec'd by 4/3)
Deduct \$20. if you do not want to attend the pranayama class

Or check the boxes at the right to choose individual classes:

- Fri. 6-8pm, \$40.
 Sat. 9-noon, \$60.
 Sat. 3-5pm, \$40.
 Sun. 8:30-9:30am, \$20. (pranayama)
 Sun. 10am - 1pm, \$60.

Name _____

Address _____

Email _____

Phone _____

Enclosed is my check for \$ _____