



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



Karin O'Bannon Intermediate Classes



Fridays, 5:30 - 7:30pm
Feb. 19, Mar. 26, May 21

Karin O'Bannon is a devoted, long-time practitioner of Iyengar Yoga. She has taught students and established teacher training programs in both Rishikesh and in southern California where she taught for over 20 years. In 1996 she was granted Senior Intermediate III certification by BKS Iyengar.

Karin will conduct three general asana classes at the studio this winter/spring. These classes are open to students who have studied Iyengar yoga for at least one year and are familiar with Sirsasana (head stand) and Sarvangasana (shoulder stand). This is a wonderful opportunity to study with a Senior Iyengar teacher on a fairly regular basis. Presently living in Shreveport, LA, Karin began an Iyengar teacher training program at the Audubon Yoga Studio in 2009. We are grateful and honored that she is continuing this program for its second year throughout 2010. She will return to the studio in August and October. Please take this special opportunity to experience Karin's wise and compassionate teaching.

Friday Evenings with Karin O'Bannon, 5:30-7:30pm
February 19, March 26, May 21
\$35/class
\$90 if registering for all 3 classes
Checks payable to Audubon Yoga Studio