



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



Karin O'Bannon Intermediate Classes



Fridays, 5:30 - 7:30pm
January 6, March 2, May 18,
August 3, & September 21.

In this series of 5 classes, Karin guides us through the exploration of how asana and pranayama can lead to a deeper understanding of ourselves and the philosophy of yoga. 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 the Iyengar Advanced Studies Program at Audubon Yoga Studio in 2009. We are grateful and honored that she is continuing this program for its fourth year throughout 2012. Please take this special opportunity to experience Karin's wise and compassionate teaching.

Karin O'Bannon is a dedicated student of Yogacharya B.K.S. Iyengar and blessed to have studied with Geeta S. Iyengar, Prashant Iyengar and Manouso Manos for many years. She holds an Intermediate Senior III certification. Karin is experienced in grooming teachers in the Iyengar tradition. She helped establish the teacher training program at the Los Angeles Institute (IYI-LA), and has done teacher training in Rishikesh, India and Kula Lampur, Malaysia. Karin currently resides and teaches in Shreveport, LA.

Friday Evenings with Karin O'Bannon, 5:30-7:30pm

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\$40/class OR \$175 to register for all 5 classes if paid by Jan. 6

(\$150. for those enrolled in the Teacher Training Program).

Checks payable to Audubon Yoga Studio.