



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

Rebecca Lerner

Fri. October 12 - Sun. October 14

We are very pleased to welcome Rebecca back for her fourth year at the studio!

Rebecca is co-director of the Center for Well-Being in Lemont, PA and is a Senior Intermediate I certified Iyengar instructor. She has been practicing and teaching yoga since the 1970's and studies regularly in Pune, India with the Iyengar family. This is a wonderful opportunity to immerse yourself in a fun and challenging weekend of yoga with a very warm and insightful teacher.

Weekend Workshop:
Fri. 6-8pm
Sat. 9-noon
Sat. 3-5pm
Sun. 8:30-11:30am

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.

Entire weekend workshop, \$185. (\$170. if registration is received by Oct. 29)
2-hour classes \$40.; 3-hour classes \$60.

Space is limited. Pre-registration is highly recommended!

Rebecca Lerner Workshop



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Registration form

Check here to register for the:

weekend workshop, \$185
(\$170. if received by Oct. 29)

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

- Fri. 6-8pm, \$40.
- Sat. 9-noon, \$60.
- Sat. 3-5pm, \$40.
- Sun. 8:30-11:30am, \$60.

Name _____

Address _____

Email _____

Phone _____

Enclosed is my check for \$ _____