



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



Sharon Conroy



Sunday, April 13
10am - 1pm, intermediate

Audubon Yoga Studio is pleased to welcome Sharon Conroy
back to New Orleans for a special weekend class!

Sharon Conroy has been practicing in the Iyengar tradition since 1986 and is certified at the Junior Intermediate III level. She was the first Iyengar certified teacher in Louisiana.

Students describe Sharon as a dynamic and enthusiastic teacher whose love for the practice of asana and devotion to understanding the yoga sutras comes through in her teaching.

In 1989, Sharon opened the first Iyengar Yoga Center in New Orleans and taught in the city until Katrina. After the storm, she spent time living and teaching in both Santa Fe and Grayton Beach where she has now settled and is teaching a regular schedule of classes.

Sharon studies in Pune with the Iyengar family on a regular basis and was there most recently in December 2007. She is also a longtime student of Patricia Walden.

Sharon is pleased to be coming to teach at Audubon Yoga Studio. She's especially looking forward to seeing old friends and students in the class!

Participants for the intermediate class should have a minimum of 2 years of Iyengar yoga experience and be able to hold sarvangasana and sirsasana for 5 minutes.

No serious injuries please.

To register for this class make checks payable to Audubon Yoga Studio in the amount of \$40. Mail your check to 511 Octavia St., NOLA 70115 or drop it off at the studio.

Space is limited to 20 students. Pre-registration is highly recommended!

www.AudubonYoga.com