



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



## Karin O'Bannon 2012 Teacher Training



January 7, 8;  
March 3, 4; May 19, 20;  
August 4, 5; Sept. 22, 23.

Fridays 5:30-7:30pm (optional\*)  
Saturdays 1-5:30pm  
Sundays 10:00am-3:30pm

**Teacher Training in the Iyengar Tradition:** Audubon Yoga Studio of New Orleans is pleased to announce the fourth year of teacher training with Karin O'Bannon. Participants will meet with Karin over a series of 5 weekends throughout 2012. This intensive course is suitable for all serious students of Iyengar Yoga with two or more years of study.

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 presenting an in-depth understanding of the art, science and philosophy of yoga and its practical application. She helped establish the Teacher Training Program at the Los Angeles Institute (IYI-LA) and has conducted teacher training courses in Rishikesh, India and Kula Lumpur, Malaysia. Karin currently resides and lives in Shreveport, LA.

The program includes experiential and theoretical knowledge in the methodology and presentation of asana, pranayama, and yogic philosophy as well as yogic and Western concepts of anatomy and physiology. The program also imparts invaluable knowledge for those interested in advancing through the levels of the teaching syllabi.

Applicants must be willing to make a commitment to a daily personal practice, time for study and fulfilling assignments and attending as much of the full training as possible.

Becky Lloyd, owner and primary teacher at Audubon Yoga Studio, will meet with local participants to review asanas and assignments and mentor students through the Introductory levels. Becky is certified at the Junior Intermediate II level.

**Friday Evening Classes:** Karin will also teach a 2-hour asana class on Friday evenings preceding each weekend from 5:30-7:30pm. In this series of classes, Karin guides students through the exploration of how asana and pranayama can lead to a deeper understanding of ourselves and the philosophy of yoga. These Friday evening classes are optional to participants in the program, although they are highly recommended. These classes are open to students from the Iyengar community. Students may pre-register at a discounted rate of \$150. for the 5 classes or \$40. per class if you pay at the time of the class.

### **Price for five weekends of teacher-training:**

Early registration discount: \$750. if total balance received by Nov. 15, 2011.

OR

\$800. with a deposit of \$300. due Nov. 15, 2011. The remaining balance of \$500. due by Jan. 7.

Five Friday evening asana classes (optional): \$150.