

STEPHANIE QUIRK

Renown Iyengar Yoga
Teacher

THREE DAY WORKSHOP MAR. 3-5, 2012

AT THE
IYENGAR YOGA
STUDIO, BANGKOK



COURSE FOCUS

Simply put the course will be based on the "Pune Class." This approach is a very interactive experience between the student and the teacher. The class develops not according to a pre-arranged topic but rather on the students current ability and how the student responds to the teaching. This maximizes the results the student receives because it reacts to and works within the students ability. The student thus achieves the most progress and in a safe way.

The course will build with each class systematically and logically leading into the next. At the end of the course we will have worked all the facets of the body. All the categories of asana will be covered, back bend, forward bend, twist, standing poses and inversions along with Pranayama.

WORKSHOP SCHEDULE

MAR 3 (Saturday)		
<u>All Levels Class 1</u>	11:00 to 2:00 p.m.	3 Hours
<u>All Levels Class 2</u>	3:30 to 5:30 p.m.	2 Hours
MAR 4 (Sunday)		
<u>All Levels Class 3</u>	11:00 to 2:00 p.m.	3 Hours
<u>All Levels Class 4</u>	3:30 to 5:30 p.m.	2 Hours
MAR 5 (Monday)		
<u>All Levels Class 5</u>	10:00 to 1:00 p.m.	3 Hours
<u>All Levels Class 6</u>	2:30 to 4:30 p.m.	2 Hours

CLASS AND PACKAGE PRICE

# of hours	Price (before Feb17)	Price (after Feb 17)
<u>2</u>	<u>1050</u>	<u>1200</u>
<u>3</u>	<u>1540</u>	<u>1770</u>
<u>4</u>	<u>2020</u>	<u>2320</u>
<u>5</u>	<u>2480</u>	<u>2850</u>
<u>6</u>	<u>2920</u>	<u>3360</u>
<u>7</u>	<u>3350</u>	<u>3850</u>
<u>8</u>	<u>3750</u>	<u>4320</u>
<u>9</u>	<u>4140</u>	<u>4760</u>
<u>10</u>	<u>4510</u>	<u>5190</u>
<u>11</u>	<u>4870</u>	<u>5600</u>
<u>12</u>	<u>5200</u>	<u>5980</u>
<u>13</u>	<u>5520</u>	<u>6350</u>
<u>14</u>	<u>5820</u>	<u>6700</u>
<u>15</u>	<u>6100</u>	<u>7070</u>

REFUND POLICY

Full refund before Feb17
Full refund less 15% after Feb17 and up to Mar 2
No refund from Mar 3 onwards

Stephanie is a well-known figure at the Iyengar Institute in Pune, living there since 1994. She has spent many years working directly with the Iyengars and assisting them in general and therapeutic classes.

Since 2002 she have been traveling and teaching on request and invitation in Iyengar Yoga institutes world-wide. In May 2001, 2002, and 2003, she accompanied Geeta Iyengar during her trips to the United States, Canada, Europe, South Africa, Australia and New Zealand. In 2004 she taught at German, Dutch and Isralian conventions. She has been teaching "Asana and Therapeutic Teacher's intensive Course" internationally for five years.

Invariably she became involved in different projects at the institute in particular in the production of many of the Iyengar's publications since 1998. This has given her a rare opportunity to absorb the theoretical and philosophical background to their teaching. Consequently she brings to her teaching this deep experience from working directly with the Iyengars.