

# INTRODUCTION to IYENGAR YOGA

**Wednesdays 5:15 - 6:30 pm All Levels**

These series introduce beginners & seasoned practitioners alike to principles and methods of Iyengar Yoga.

## **7 week sessions**

**First Series**

**Feb 19, 26, March 4, 11, 18, 25, April 1**

**VEZA Pilates Studio**

**703 Lighthouse Ave Pacific Grove**

## **7 class session \$65**

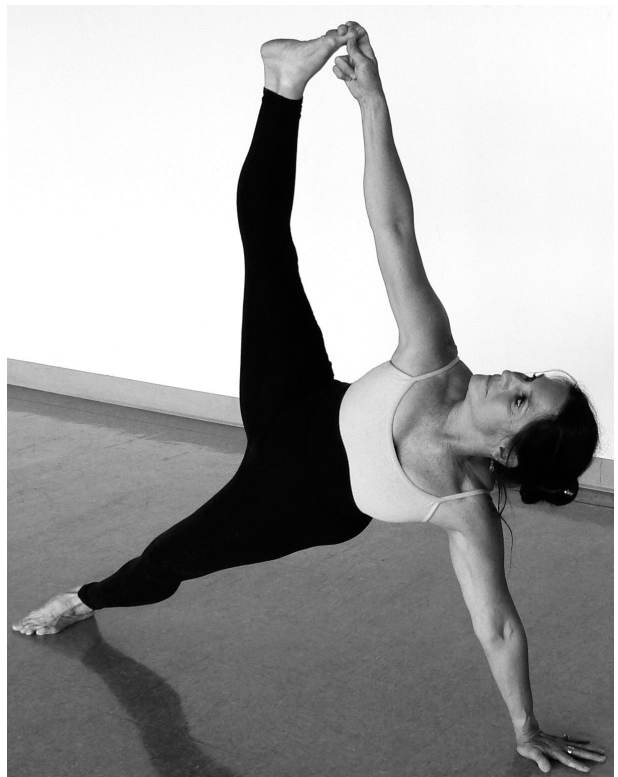
**Max 12 students**

Drop-Ins only with permission of instructor, completion of at least one session, and space permitting \$15  
No credit cards, Cash or Check Only

To register: contact Carolyn Bluemle

240.893.6712 or [carolyn@cbyoga.com](mailto:carolyn@cbyoga.com)

registration complete and space reserved upon payment



This program is being offered in partnership with **Union Yoga**

<https://unionyoga-monterey.com/>

B.K.S. Iyengar developed this style of yoga involving attention to precise alignment in order to focus the mind, protect the joints, nourish the organs and enable proper flow of energy in the body. Each pose is a place for awareness, discovery, flow and transformation. Standing poses are the foundation of the practice: they can lead to more grounding and more strength, ease and depth in forward bends, backbends, twists, inversions and restorative poses. Through alignment and the use of props, the poses can be modified to be accessible to anyone in any physical condition.

"You will know that alignment is there when mind does not wander."

BKS Iyengar



Carolyn Bluemle is Iyengar Certified and has been teaching yoga since 1989. Her teaching is precise and enthusiastic with compassion and humor. She has studied in India with the Iyengars and with Dona Holleman in Italy. John Schumacher was her primary east coast teacher. She has been on many retreats with Thich Nhat Hanh and was an active member of the Washington Mindfulness Community for 20 years.

[www.cbyoga.com/](http://www.cbyoga.com/)