

# IYENGAR YOGA



## SEASIDE YOGA SANCTUARY

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

831 899-9642

WEDNESDAYS

CARMEL & PACIFIC GROVE

### **INTRODUCTION to IYENGAR YOGA**

Wednesdays 5:15 - 6:30 pm All Levels

PACIFIC GROVE 300 Grand Ave (at Laurel)

This class introduces beginners & seasoned practitioners alike to principles and method of Iyengar Yoga.

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.

### **IYENGAR YOGA all levels**

Wednesday Mornings 8:45 - 10:15 am All Levels

CARMEL PLAZA 3rd floor Carmel by the Sea

This class includes seasoned Iyengar students who are accustomed to paying close attention to detail and modifying poses in various ways to adjust for diverse needs. All are welcome to join in our exploration.

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/)

Strength, flexibility, better posture, less pain, increased immunity, stress management, emotional stability, relaxation, health. These are just some of the many benefits of a regular yoga practice which are shown through experience and by western science. Experience them for yourself. Start a practice today.

