

MARY REILLY RETURNS

April 3 - 5, 2020



Yoga Workshops April 3 & 4

Friday, April 3 @ 5 - 8 pm -- Nerve Tonic -- \$75

Asanas and pranayama promote involution, increasing our sensitivity to body, mind, and breath. In turn physically, mentally and meditatively our bodies layers are given access to health. Profoundly quieting, this class turns to our one pointed mind and cultivates self awareness.

Saturday, April 4 @ 9 - 11:30 am -- Mining for Light -- \$65

Standing poses create a base of stability and mobility for exploring the many facets of backbends. Practice to inspire courage, alleviate depression, and elevate the consciousness of mind and spine!

Saturday, April 4 @ 2:30 - 5 pm -- Search for Balance -- \$65

Creating vitality and stability in standing and forward bend asanas. Experience the earth, activate energies through Apana vayu, become more grounded.

Where: Yoga Tree of Evanston

607 Lake Street (enter north side Chicago ave courtyard 2nd floor) Room 205

Mary Reilly began her studies of Iyengar Yoga in 1978 in Ann Arbor after graduating from the University of Michigan. She was among the early group of practitioners in the Midwest to be certified to teach and was personally granted an Intermediate Senior 2 credential by B.K.S. Iyengar in 2012. Mary has directed North Woods Yoga, the Northern Michigan Studio since 1986, served as Chair of Certification for the IYNAUS from 2009 to 2013, and studies regularly at RIMYI in Pune India, most recently in November of 2018. Mary's enthusiasm, clarity and precision shine through her teaching; she aims to help students overcome obstacles to achieve their full potential.

Cost for ALL 3 Classes \$185 (\$170 for IYAMW Members)

Yoga Tree recommends preregistration and prepayment for all workshops

Checks are no longer made out to Lake St Church - they are made out to Yoga Circle - NOT Yoga Tree - give to your instructor or mail to: Lake Street Church YOGA, 607 Lake Street Evanston, IL 60201

Registered unless notified. Refunds minus \$30 processing fee – no refunds after March 10.

Please include attendance details with payment:

Friday PM _____ Sat AM _____ Sat PM _____

The Iyengar Yoga National Association of the United States — IYNAUS — disseminates the teachings of BKS. Iyengar and his family (www.IYNAUS.org) the official website. It is your source for news and information about the Iyengar Yoga method, whether you're a newcomer, an established student or a teacher. IYNAUS membership is open to all. Join today and support our work to disseminate and promote Iyengar Yoga.



Yoga Tree of Evanston Lake Street Church
607 Lake Street - Room 205
Evanston, IL
www.evanstonyogatree.com