



B.K.S. Iyengar Yoga Studio of Tucson

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REVERENCE, GRATITUDE & HUMILITY

REBECCA LERNER ONLINE INTENSIVE
hosted by B.K.S Iyengar Yoga Studio
October 7-9, 2022



Friday, October 7th, 5:00p.m. MST: Inversions & Pranayama

Saturday, October 8th, 9:00a.m. MST: Exploration of Standing & Seated Poses

Sunday, October 9th, 9:00a.m. MST: Backbends & Arm Balances

Please join B.K.S Iyengar Yoga Studio in welcoming Senior Iyengar teacher Rebecca Lerner for an in-depth exploration of how practicing with **Reverence, Gratitude & Humility** enhances our understanding and experience of asana, pranayama and yoga philosophy. This is a wonderful opportunity to immerse yourself in a fun and challenging weekend of Yoga with a very warm and insightful teacher. Under her expert guidance, students gain inspiration and confidence to take their practice to a new level. -Participants who sign up for the course (or individual classes) will receive recordings of the classes for a limited time period.

ABOUT REBECCA

Rebecca is co-director of the Center for Well-Being in Lemont, Pennsylvania, and a Level 4/Advanced Jr. I CIYT. A devoted practitioner since the late '70s, Rebecca conducts workshops nationally and abroad as well as teacher continuing education programs. Rebecca was a devoted student of Mary Dunn and continues to study regularly with the Iyengars in Pune. She is an IYNAUS assessor and past chair of the IYNAUS Ethics committee.

Participation in the entire workshop is encouraged but not required. While this workshop is not appropriate for raw beginners, students of varying experience and from different traditions are welcome. Modifications will be given so that participants can experience each class in a manner that is suitable for them.

PRICE OF INTENSIVE

Individual Classes:

2 hour class, \$45 each

Full Workshop:

\$115, early bird discount if payment received by September 14th

\$135, after September 14th

REGISTRATION: 2 STEPS

1. Scroll down the home page and [Sign Up](#) for the classes that you want to attend. When you sign up, it will say the amount is "\$0.00" to allow for you to choose your payment option (second step).

2. Pay for your classes or full workshop by choosing one of the following methods:

- Mail a check payable to B.K.S Iyengar Yoga Studio to 3400 E Speedway Blvd #200, Tucson, AZ 85716
- Use our [PayPal](#) link to pay by credit or debit card.

-Please indicate on your payment or email me (iyengaroftucson@gmail.com) what you are paying for (full workshop; Saturday morning, etc.)

Participants will receive a Zoom link the day before each class.

What a wonderful opportunity to participate in an intensive within your own home. If you have difficulty establishing a home practice, this may be just the experience to get your personal practice going or growing in 2022!