



THE CENTER FOR YOGA
of Seattle

**Second Memorial Day Weekend
Iyengar Yoga Workshop**

*With Gulnaaz Dashti of
Poona, India*

**Friday-Monday
May 25-28, 2012**

We are pleased to again be bringing Gulnaaz back for her second Seattle Teaching Visit, part of an extended North American tour that includes teaching in the US, Canada and Mexico.

**Friday, May 25th
6:15-8:15pm Restoratives**

**Saturday, May 26th
10:00am-1:00pm & 5:00-7:00pm**

**Sunday, May 27th
10:00am-1:00pm & 5:00-7:00pm**

**Monday, May 28th
10:00am-1:00pm & 5:00-7:00pm**

*Please register early.
No Registration at the Door*

**Gulnaaz is a close student of Geeta and BKS Iyengar, having worked with them for over 20 years on almost a daily basis.
(Please see full bio on reverse.)**

*Registration open now only for
Option 1 & 2*

OPTION 1 (Available Starting Jan 6, 2012)

**Full 17 Hour Workshop, Includes Friday Night
(Highly Recommended)**

- A. Early Registration Fee: \$300 until Feb 29
- B. Registration Fee: \$350 starting March 1
- C. *Early Registration Low Income & Full Time Students until Feb 29: \$250*
- D. *Registration Low Income & Full Time Students starting March 1: \$300*

OPTION 2

Saturday, Sunday, & Monday (15 Hours)

- A. Early Registration Fee: \$275 until Feb 29
- B. Registration Fee: \$325 starting March 1
- C. *Early Registration Low Income & Full Time Students until Feb 29: \$225*
- D. *Registration Low Income & Full Time Students starting March 1: \$275*

(Please See Reverse Side for Options Available Starting March 1, 2012)

2261 NE 65th St, Seattle, WA 98115
(206) 526-9642 info@yogaseattle.com
www.yogaseattle.com

THESE OPTIONS ARE ONLY AVAILABLE STARTING MARCH 1, 2012 (IF THE WORKSHOP IS NOT FULL.)

OPTION 3

Saturday & Sunday Only (10 Hours)

- E. Early Registration March 1 - April 2: \$190**
- F. Late Registration Starting April 3: \$200**
- G. Early Registration for Low Income & University Students starting March 1 until April 2: \$150**
- H. Late Registration for Low Income & University Students Starting April 3: \$164**

OPTION 4

Single Class Options AVAILABLE STARTING MARCH 1 IF THE WORKSHOP IS NOT FULL

- I. Single 3-Hour Classes \$60 each**
- J. Single 2-Hour Classes \$40 each**
- K. Single 3-Hour Classes Low Income/Full Time Student \$50**
- L. Single 2-Hour Classes Low Income/Full Time Student \$32**

GULNAAZ DASHTI

has been a close student of Geeta and BKS Iyengar for over 20 years. She grew up and lives in Poona, India near The Iyengar Yoga Institute, and takes regular classes with Geeta, assists her in the medical yoga classes, and practices with BKS Iyengar. She teaches regular beginner and intermediate classes at The Iyengar Yoga Institute. When Geeta has taken teaching sabbaticals, Gulnaaz and a small group of close students have taught her classes. She and several other Indian teachers traveled with Geeta in 2010 to the US to assist at an international yoga convention. Gulnaaz has her own yoga studio in Poona that was named by BKS Iyengar.

Gulnaaz teaches Iyengar Yoga internationally. She has been teaching women in Iran since 2002. She teaches in Europe and this will be her second North American Teaching Tour. In 2012 in addition to The US, Gulnaaz will be teaching in Canada and Mexico.

Gulnaaz is a charming person with a great sense of humour. Her teaching is exacting, strong, clear and powerful. Reaction to her first teaching in Seattle last year was extremely positive. We are very fortunate to have in our presence one of Geeta and BKS Iyengar's closest disciples. Gulnaaz is the cover model for the revised edition of *Yoga, the Path to Holistic Health*.

QUALIFICATIONS: The workshop is open to all who have at least 20 recent classes in Iyengar Yoga and can do some form of head balance and shoulder balance. *In fairness to the group, the workshop is not suitable for those with many physical problems who need a lot of special attention. It is also not advised for those (excepting the Friday Night Restorative Class) who are not prepared to work at an intense level demanded by a teacher of this caliber.*

All participants, as a condition of enrollment, assume full responsibility for any injury that may arise during or as a result of the workshop.

REGISTRATION

We expect the workshop to fill well before the start date. To make this the highest quality program for the participants and the instructor, until Feb 29, 2012, registration will be open to those who select option 1 or 2, the full workshop or 3 days. Single classes, single days, or 2 day registrations will be available starting March 1 provided the workshop is not full.

Full payment is necessary to register for the workshop. We do not accept deposits. We do not hold spaces without payment that we cannot process immediately.

You can register *on our secure website* www.yogaseattle.com or *through the mail* by check payable to "The Center for Yoga of Seattle." (Write Gulnaaz workshop on your envelope) *Please indicate which option you are choosing with your contact information on a note.* Payment will also be accepted *over the phone using Mastercard or Visa at (206) 526-9642.* *No registrations will be accepted the day of the workshop.*

Please note that our office closes on 1pm Friday May 25th and will remain closed the entire weekend. We will not be returning calls after 1pm Friday.

All props will be provided. Please feel free to bring your own mat.

REFUNDS AND CANCELLATIONS

Registrants assume full responsibility for their attendance. For cancellations by February 29th, a refund will be issued less a \$50 cancellation fee. Refunds for cancellations received starting March 1 will be made *only* if the workshop fills *and* we can fill your space from our waiting list. If a refund is issued, a \$50 cancellation fee will be assessed. *Please note that our office closes at 1pm Friday May 25* and will remain closed the entire weekend and we will not be returning calls or emails after 1pm Friday.

FINDING THE CENTER FOR YOGA OF SEATTLE IN SEATTLE'S RAVENNA NEIGHBORHOOD

There is abundant free street parking on any side street off of NE 65th Street. We are located 14 blocks east of Interstate 5 on the south side of the street. Look for a large cream colored building. If coming from the South on I-5, exit on the Ravenna Blvd and NE 65th street exit. Proceed 2 blocks north and turn right onto NE 65th Street. If arriving from the North, use the NE 65st street exit, go east over I-5 and turn right onto Roosevelt Way NE. Turn left on NE 65th St, the Center is 11 blocks east on the right side of the street.

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