

# Iyengar Yoga Weekend Workshop in Seattle

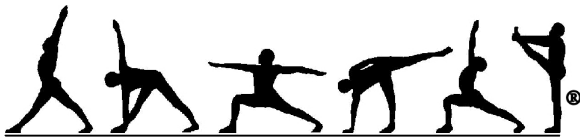
*with Stéphane Lalo of Marseille, France*

**Saturday & Sunday  
August 8 & 9, 2009**

Saturday, August 8, 10:00 am – 1:00 pm AND 4:00 pm – 6:00 pm

Sunday, August 9, 10:00 am – 1:00 pm AND 4:00 pm – 6:00 pm

Sponsored by:



THE CENTER FOR YOGA  
of Seattle

2261 NE 65<sup>th</sup> Street, Seattle WA 98115

(206) 526-9642

info@yogaseattle.com • www.yogaseattle.com

FEE FOR TWO-DAY WORKSHOP: \$160

Saturday, August 8, 10:00 am – 1:00 pm

Saturday, August 8, 4:00 pm – 6:00 pm

Sunday, August 9, 10:00 am – 1:00 pm

Sunday, August 9, 4:00 pm – 6:00 pm

*\* Single 3-hour classes are \$54*

*\* Single 2-hour classes are \$36*

*\*\*No Single class price option for last class unless registering for additional classes. Students may not attend last class only.*

Please register early.

Previous workshops have filled quickly!

**\*\*No Registration at the Door\*\***

The Center for Yoga of Seattle is proud to announce an Iyengar Yoga Weekend Workshop with Stéphane Lalo of Marseille, France.

**QUALIFICATIONS:** Requirements to take the workshop are: at least 30 Iyengar yoga classes, ability to do head balance for five minutes, shoulder balance for eight minutes, be able to push up into a back arch with arms straight or be comfortable doing a back arch in a chair or over a stool. This is not a workshop for those with serious injuries. It is recommended to take the entire two days. No registrations for the last class only.

*All participants are required to sign a liability release in order to participate.*

---

**STÉPHANE LALO** is a Senior Yoga teacher from

France, and is the Director of *Centre de Yoga Iyengar de Marseille*, in Marseille, France. He has a background in osteopathy, and is a Certified Intermediate Senior I teacher from the Ramamani Iyengar Memorial Yoga Institute of Pune in India, where he studies for two months every year with the Iyengars. He has been studying Iyengar Yoga since 1986 and assists Geeta Iyengar in her women's yoga classes as well as in her medical yoga classes.

*Need a place to stay in Seattle? Please let us know if you'd like some help in finding lodging.*

*We are a fully equipped center.  
No need to bring equipment.*

**Lodging with local yoga students  
may be possible for out-of-town guests.**

## REGISTRATION

Pre-registration is necessary in order to participate in the workshop. You can register on our secure website (at [www.yogaseattle.com](http://www.yogaseattle.com)) or by mail using the form below. If you are registering by mail, please enclose the full fee and make your check payable to "The Center for Yoga of Seattle." Sorry, we do not accept deposits. No registrations will be accepted the day of the workshop. Please make your commitment early to attend.

You may also register by phone with your Visa or MasterCard by calling our office Monday-Friday, 12:30-4:30pm. If you are calling after hours, please (1) spell out your name as it appears on your card, (2) leave your full account number, (3) give the expiration date on your card, (4) leave your mailing address including zip code, and (5) provide your daytime and evening telephone numbers. You may leave this information on our 24-hour message number, (206) 526-9642. We cannot hold spaces over the phone without full payment.

We will contact you as soon as possible if the class or sessions you requested are already full. If you do not hear from us, please assume that your space is confirmed. If you would like us to call or email you to confirm your registration, mention this in your phone message or check your preference on the form below.

*more important information on reverse side  
continued from reverse*

## REFUNDS AND CANCELLATIONS

Refunds will be given in three situations only: (1) If the workshop is already full, we will refund your tuition. (2) If you cancel your space and your written notification is postmarked July 20<sup>th</sup>, 2009 or earlier, you will receive a 90% refund. (3) After July 20<sup>th</sup>, we will give a 90% refund only if you cancel your space, the program is full, and your space can be filled from our waiting list. Except for these three situations, there

will be no refunds, nor will there be any credit toward future workshops, intensives or classes sponsored by The Center for Yoga of Seattle for canceling. Cancellations due to medical reasons are considered in the same category as cancellations due to other reasons. For those who cancel after July 20<sup>th</sup>, if you do not receive a refund check by August 22<sup>nd</sup>, it means that we were unable to fill your space.

on the Ravenna Blvd. and NE 65<sup>th</sup> Street exit. Proceed northbound 2 blocks and turn right onto NE 65<sup>th</sup> Street. Go eastbound approximately 14 blocks. We are located on the south side of the street, just east of the Himalayan Kitchen. Free on-street parking is plentiful.

*Space is limited for this rare opportunity.*

FINDING THE CENTER FOR YOGA OF SEATTLE IN RAVENNA

The Center for Yoga of Seattle is located in Seattle's Ravenna community at 2261 NE 65<sup>th</sup> Street. Exit Interstate 5 northbound



**Stéphane Lalo WORKSHOP REGISTRATION FORM (enclose full payment)**

OR phone in your registration using Visa or MasterCard (206) 526-9642

OR register on-line at [www.yogaseattle.com](http://www.yogaseattle.com)

*Please print, type, or use a mailing label*

Name \_\_\_\_\_

Mailing address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_

Cell phone \_\_\_\_\_ Evening phone \_\_\_\_\_

Email address \_\_\_\_\_

**PLEASE TELL US HOW YOU HEARD ABOUT THIS EVENT.**

**Weekend Workshop Options**

**Stéphane Lalo, August 8<sup>th</sup> & 9<sup>th</sup>, 2009**

FEE FOR BOTH DAYS: (highly recommended)     \$160

Saturday 8/8, 10:00 am – 1:00 pm     \$54

Saturday 8/8, 4:00 pm – 6:00 pm         \$36

Sunday 8/9, 10:00 am – 1:00 pm         \$54

Sunday 8/9, 4:00 pm – 6:00 pm         \$36\*

*\*No Single class price option for last class unless registering for additional classes. Students may not attend last class only.*

Enclosed is my full payment of \$160.00, payable to **The Center For Yoga of Seattle**

**OR** Please charge my     VISA     MasterCard (we do not accept deposits)

**NO REGISTRATION AT THE DOOR**

Account # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Amount \_\_\_\_\_ Signature \_\_\_\_\_

*I can provide a place for \_\_\_\_\_ (number) of people from out of town to stay during the workshop. Please call me. (We appreciate your generosity in hosting yoga friends from out of town.)*

Check if you would like us to     call or     email you to confirm your space.

**Mail to: The Center For Yoga of Seattle, 2261 NE 65<sup>th</sup> Street, Seattle WA 98115-7066  
PHONE (206) 526-9642    [info@yogaseattle.com](mailto:info@yogaseattle.com)    [www.yogaseattle.com](http://www.yogaseattle.com)**