



All Levels Workshop Series

with **Anna Delury**, Certified Iyengar Yoga Teacher
Saturday, December 2, 2017, 2:00 - 5:00 PM

The Art of Sequencing Journey into Back Arches



"Asana penetrates deep into each layer of the body and ultimately into the consciousness itself." BKS Iyengar

Backbends inspire and illuminate the whole practice of yoga awakening in the practitioner unexplored vitality and courage. They rejuvenate and enliven both the mind and body. In this year's final workshop on sequencing, we will explore the mechanisms and architecture that lead to and create the back arches, from the simple curve of *Shalabasana* (locust) to the majestic arch of *Urdhva Dhanurasana* (upward facing bow.) Come prepared to work and take a leap of faith into the unknown!

Anna Delury is one of Southern California's Senior Iyengar Yoga teachers and a founder of IYILA. Since 1982, she has travelled regularly to Pune, India to study with the Iyengar family, most recently in August and September of this year. In 1988, she received a BSc. In Kinesiology from UCLA. Known for her insight and wry sense of humor, Anna brings a practical application of yoga philosophy into each class she teaches, as she helps guide students to a deeper understanding and awareness of what lies within them.

Special early bird discount -
\$45 - Register by November 25, \$50 thereafter.

Anna Delury 12/2/17

Name _____

Email _____

Phone _____

sign up online, in the studio or mail form with check to the studio

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