



**All Levels Workshop Series**  
with **Anna Delury**, Certified Iyengar Yoga Teacher  
September 23, 2017 2:00 - 5:00 PM

**The Art of Sequencing**  
**Inversions**  
**Tone the Nervous System, Settle the Mind**



“Balance is the state of the present—the here and now. If you balance in the present, you are living in eternity.” *Light on Life*, B.K.S. Iyengar

Whether you are new to the practice of Iyengar Yoga or a long time student, finding the balance between action and passivity, precision and surrender, stability and mobility is one of ongoing discovery. In these three distinct workshops with Anna, we will explore the key role sequencing plays in this process and how to apply these broad principles to achieve a harmonious equilibrium.

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 from late January to early March 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 September 16, \$50 thereafter.**

There is another session with Anna on 12/3 - pre-register by 11/25 to receive the early bird price.

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Anna Delury 13 series

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

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

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