



**Dawn Stillo, CIYT!**  
**Mobility & Stability Workshop**  
**Saturday, November 16**  
**1:00 - 3:00 pm**  
**\$45 until 11/13 \$50 thereafter**

Dawn began studying Iyengar Yoga in 1995 attending a pre-natal class in Los Angeles. Led by her love of being a student and encouraged by her teachers Dawn became passionate about teaching. Honored to study with Anna Delury and Marla Apt, she has been fortunate to study directly with the Iyengar family both in the U.S. and India.

**Emphasizing stability**

**We will move progressively toward:**

**Mobility to move freely**

**With confidence & ease**



**Cultivate true mobility**

**Which is:**

**Flexibility + Strength**

**And Motor Control**

**All levels welcome!**