



Bobby Clennell

in Ottawa

June 19-21, 2015



Bobby has been a direct student of B.K.S. Iyengar, Geeta Iyengar and Prashant Iyengar for 40 years and is a senior teacher at the Iyengar Yoga Institute of New York. She is author and illustrator of three books, *The Woman's Yoga Book*, *Watch Me Do Yoga* and *Yoga for Breast Care*. Her teaching is strong, energetic, precise and kind.

For more information: www.bobbyclennell.com

Elements and Koshas

According to yogic principles, everything in the universe, including our body, is made up of five subtle elements: earth, water, fire, air and space. Our own beings also comprise five "sheaths" or koshas; the Annamaya, Pranamaya, Manomaya, Vijnanomaya & Anandamaya Koshas. In this workshop, via asana and pranayama, we will explore and balance our own unique expression of these forces. We will also learn where the koshas and elements meet and how these intersections inform our practice.

Friday June 19:	5:30-8:30pm
Saturday June 20:	10am-1pm and 3-5pm
Sunday June 21:	10am-1pm and 2-4:30pm

Early registration \$275 by March 15 (includes HST); late registration \$315 after March 15.

Register online, at the studio, or send a cheque to Pathway Yoga. This is an Intermediate workshop; participants should be familiar with Sarvangasana and Sirsasana. It will be held in the beautiful Three Sisters Hall at Ottawa's Experimental Farm. More information will be sent upon registration.

Pathway Yoga

346 Richmond Rd., 2nd Floor, Ottawa ON K2A 0E8
pathwayyoga.ca 613.806.9642 welcome@pathwayyoga.ca

