

21st Annual Yoga Workshop in Durango

with

MANOUSO MANOS

April 30, May 1 & 2, 2010



TIMES: FRIDAY 6-8:00pm
SATURDAY 9-11:30am
3-5:30pm
SUNDAY 8-11:00am

LOCATION: Durango Sports Club
1600 Florida Road, Durango, CO

COST: \$170. Full workshop if payment received by April 1st
\$190. After April 1st
payment refunded (less \$25. Processing fee) only if space can be filled
no refunds after April 15th
individual sessions can be figured using the rate of \$21. per hour

CHECKS PAYABLE TO: Kathy Curran (970-259-4794)
10829 C.R. 120, Hesperus, CO 81326 email: kathy@4cornersyoga.com
web site: www.4cornersyoga.com

ACCOMMODATIONS: For general accommodation information call the Durango Area Resort Association 1-800-525-8855. Special rates will be offered by the Rochester Hotel & Leland House in Durango, call 1-800-664-1920: www.rochesterhotel.com. Inexpensive accommodations available at the beautiful, new Durango Hometown Hostel: www.durangohometownhostel.com

Manouso Manos is one of the most capable and experienced of the Senior Iyengar Yoga Teachers. He holds one of only two Advanced Senior certificates granted worldwide by B.K.S. Iyengar.

He began his studies with Sri B.K.S. Iyengar in 1976, and served as chairperson of the First International Iyengar Yoga Convention in 1984. After numerous trips to Pune, India and over 3 decades of personal practice, his understanding of and insights into Iyengar yoga are conveyed with authenticity and precision.

Methodical in his teaching, Manouso lays a solid foundation and progressively refines each of the asanas. His sense of humor and sensitivity shine through as his dynamic and challenging teaching style moves his students beyond their perceived limits. **Please bring your own props (sticky mat, 3 blankets a strap & block)**

If you need props provided, let Kathy know before the workshop