

Are you feeling stiff or stressed?

Have you ever wondered why yoga is so popular and wanted to try it,
but not be the only novice in class?

Loosen-up and laugh with fellow Rotarians during
our very special Holiday Season Healthy Living activity

Introductory Iyengar Yoga Class with Scott Hobbs

Saturday, December 3, 2011 – 2:00 p.m.–3:30 p.m.

at

YWCA-Santa Monica ~ Auditorium, 2019 14th Street, Santa Monica, CA 90405

About Our Teacher

Scott Hobbs has been teaching Iyengar Yoga since 1981, founded the Iyengar Yoga Institute - Los Angeles in 1984, and is a Certified Iyengar Yoga teacher at the Intermediate Junior I level.

Scott brings humor to classes, which, like all Iyengar Yoga practice, are focused and therapeutic. Scott teaches introductory and intermediate level Iyengar Yoga classes at the Iyengar Yoga Institute-Los Angeles, various YogaWorks locations and to private clients at their locations.



About Iyengar Yoga

Yoga is for everyone. No one is too old or stiff, too fat or thin, too wired or tired. (This is NOT aerobic “power” or “flow” yoga method.)

B.K.S. Iyengar has studied, documented and taught the affects of yoga practice on the body, mind and spirit for nearly 80 years. Mr. Iyengar and his teacher Shriman T. Krishnamacharya are widely recognized as the two whom brought the more than 2,500 year-old yoga methods to the West in the early 20th century. Mr. Iyengar’s 1966-published *Light on Yoga* remains the definitive and most comprehensive source-book for step-by-step instruction to achieve each asana (yoga poses). Certified Iyengar Yoga teachers use Mr. Iyengar’s approach to demonstrate asanas and provide clear step-by-step instruction in a methodical sequence which awakens students’ body intelligence. Classic asanas are modified through the use of props (belts, blankets, blocks, etc.) to emphasize nuances and develop individual students as necessary.

Please arrive early as class will begin on-time.

R.S.V.P. to Jillian Alexander at jillian@conduitconsulting.com or (310) 260-9765.