



# FALL GALA Day of Yoga!

**Sunday, September 28, 2008 / 8:30am - 4:30pm**  
**Shadbolt Centre For The Arts, 6450 Deer Lake Avenue, Burnaby**  
**Cost: \$85.00 Full Day**

Please come and join in a celebration of Iyengar yoga and our community. Six teachers will offer a variety of workshops at the Shadbolt Centre for the Arts in beautiful Deer Lake Park. The day will consist of one morning and one afternoon class, selected from three options. As well, a video presentation of BKS Iyengar's life and yoga practice will be offered during the lunch break. Participants must be regularly studying with a certified Iyengar teacher to attend these workshops.

### Registration Information

Indicate your first three choices for each time slot in order of preference on the registration form, as well as your intention to attend the lunch time program. Prompt registration will insure a place in your preferred workshops, as the Gala fills quickly. Registrations post-marked by August 15th will be entered for a T-shirt prize draw.

Priority will be given to full day registrations. Half day registrations cost \$55.00 including the lunch presentation, and will be accepted only as space permits.

Please mail in your fully completed form with a cheque or money order as promptly as possible. Do not mail the lunch pre-order form; bring it with you and prepay on the morning of the Gala. You will be notified only if the workshops are full and you cannot be accommodated. Lists will be posted at the Shadbolt Centre indicating your workshops and room numbers.

For more information contact Katherine Morgan at kmorganbc@msn.com or 604-420-9625.

NOTE: Workshops are subject to change without notice.

### Equipment

Participants must bring their own mat, 4 foam blocks, strap, brick (wood or compressed foam), 2 or more blankets and bolster! For Susan Bull's workshop, a second mat and 2 footstools are also needed. If you do not have all of the above, please discuss your options with your teacher.

### Lunch

Cost of lunch is not included in registration fee. You may bring your own bag lunch, or purchase lunch from Encores Café on site. A variety of soups, sandwiches, wraps, and specials are available, including vegetarian options. You may choose to complete the attached lunch pre-order form, bring it with you, and pay before the morning workshop. Your lunch will then be ready for pick up from 11:30 – 11:50am. Items can also be purchased throughout the lunch break, but pre-ordering is recommended as the café is small.

### Water

To promote sustainability, you are encouraged to bring your own water bottle to fill. Ice water and reusable water glasses will be available on both levels (donations are appreciated).

### Directions

Take Highway #1 east to Exit #33 (Canada Way). Turn left onto Canada Way at light. Stay in curb lane. Take first right onto Deer Lake Avenue. Road winds past Hart House to Shadbolt Centre, 6450 Deer Lake Avenue. Centre phone number: 604-291-6864 (NOT for yoga info).

Schedule is on the back.

## FALL GALA: Registration, Release and Waiver\*\*

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_ Tel: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

I am currently studying the Iyengar method with \_\_\_\_\_ Years \_\_\_\_\_ Level \_\_\_\_\_  
 (If any injuries or medical concerns let us know)

Workshop Choices: Please indicate 1st, 2nd, and 3rd choices for am and pm using the letter (A,B,C) of each selection

AM: 1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_ PM: 1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_ Attending Lunch Program: Yes \_\_\_\_\_ No \_\_\_\_\_

Would you be willing to accommodate an out-of-town student? Yes \_\_\_\_\_ No \_\_\_\_\_

Are you in need of home-stay accommodation? Yes \_\_\_\_\_ No \_\_\_\_\_

Make cheques / money orders payable to the **B.K.S. Iyengar Yoga Association** and mail along with this form to:

**Katherine Morgan, 8522 Woodtrail Place, Burnaby, BC, V5A 4A9 kmorganbc@msn.com**

\*\* The Release and Waiver on the reverse side of this form MUST be completed to validate your registration.

See over for Release and Waiver form →

# FALL GALA WORKSHOPS

Sunday, September 28, 2008 / 8:30am – 4:30pm

Please mark your choices on the registration portion, on the previous page.

8:30 – 9:00am: Check-in, locate workshop rooms, pay for lunch pre-orders.

## 9:00 – 11:30am

- A Claudia MacDonald:** NOURISHING THE SPINE – BACK BENDS, FORWARD BENDS, AND TWISTS All levels welcome; the range of experience and ability of participants will be accommodated.
- B Louie Ettling:** PRANAYAMA – THE ART OF YOGIC BREATHING The breath, when used well, can be of wonderful support to us. It can energize, function as an anti-depressant, and relieve the breathing difficulties of stress, allergies, or asthma. During the first hour classical poses will prepare the body for pranayama. For the rest of the session we will look at how the lungs can best be supported to encourage healthy breathing.
- C Susan Bull:** MOBILITY, STABILITY AND ALIGNMENT – FLOWING THROUGH THE ASANAS A gentle yet challenging approach focusing on hips and shoulders.

## 11:45am – 1:45pm SPECIAL LUNCHTIME PRESENTATION

Sri BKS Iyengar, our beloved Gururji, will turn 90 this December! Join us for all or part of the lunch period to view historic as well as recent videos of Gururji's life and yoga practice.

See lunch purchase info on previous page. Association T-shirts and other merchandise will be available for purchase in the upper level hallway during the lunch break.

## 2:00 – 4:30pm

- A Eve Johnson:** HIGHLIGHTS FROM PUNE Deepen your practice with insights from current teachings at the Iyengar's institute in Pune, India.
- B Ingelise Nherlan:** RESTORE, INVERT, FOLD An afternoon practice that will calm your body, cool your brain, and soothe your nerves.
- C Corrie Vorlauffer:** FOCUS ON THE JOINTS Keeping the body's joints well lubricated helps avoid stiffness in our daily activities.

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## Release and Waiver

I understand that yoga classes and yoga facilities may involve inherent risks including, but not limited to, physical activity which may result in bodily injury. In consideration of the B.K.S. Iyengar Yoga Association (the "Association") accepting this registration, I, for myself, my heirs, executor, administrators and assigns, release and hold harmless the Association and its respective servants, agents, members, directors officers or employees from any claims, demands, damages, actions or causes of action arising out of or in consequence of any loss, injury or damage to my person or property incurred while practising yoga at any time or place and, without limiting the generality of the foregoing, specifically, while attending at or participating in Association-sponsored yoga classes, yoga workshops or other meetings, notwithstanding any such loss, injury or damage may have arisen by reason of the negligence or gross negligence of the Association, its servants, agents, members, directors, officers, employees or visiting teachers. I have read this document carefully. I understand that signing this document may affect my legal rights including the right to sue.

Dated at (City) \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

\_\_\_\_\_  
Signature of applicant

# ENCORES LUNCH MENU

## PRE – ORDER FORM

### Iyengar Yoga Fall Gala, September 28/08

ITEM	PRICE	CHECK HERE
<b>SOUP OF THE DAY</b>	\$3.50	<input type="checkbox"/>
Choice: _____		
Soup with Cheese Scone	\$5.75	<input type="checkbox"/>
 <b>SANDWICH, Freshly Made to Order</b>		
Please make my sandwich with (circle choices)		
<i>Whole Wheat Multigrain White Bread</i>		
<i>Cucumber Tomato Lettuce Mustard Mayo</i>		
Ham & Cheese	\$5.95	<input type="checkbox"/>
Tuna	\$5.75	<input type="checkbox"/>
Egg Salad	\$5.75	<input type="checkbox"/>
Roast Turkey	\$5.95	<input type="checkbox"/>
Vegetarian	\$5.75	<input type="checkbox"/>
<i>All sandwiches served with raw veggies and pickle</i>		
 <b>HOT SPECIALS</b>		
Broccoli & Cheddar Pie	\$6.95	<input type="checkbox"/>
Spinach and Feta Quiche	\$6.95	<input type="checkbox"/>
Chicken Thai Wrap	\$6.95	<input type="checkbox"/>
Vegetarian Wrap	\$6.95	<input type="checkbox"/>
<i>Served with mixed green salad</i>		
 <b>BEVERAGES</b>		
Coffee Small/Large	\$1.60/\$1.90	<input type="checkbox"/>
Herbal Tea /Large	\$1.90	<input type="checkbox"/>
Canned Pop (circle flavour)	\$1.50	<input type="checkbox"/>
<i>Coke: Diet Coke: Sprite:</i>		
Apple/Orange Juice	\$1.25	<input type="checkbox"/>
Bottled Water	\$1.90	<input type="checkbox"/>
Bottled Juices (circle flavour)	\$2.50	<input type="checkbox"/>
<i>Cranberry: Grapefruit: Orange: Grape: Iced Tea: Kiwi/strawberry</i>		

Name: \_\_\_\_\_

Pick up Time: 11:30 – 11:50 am

Attach Receipt of Payment