

A THREE DAY YOGA WORKSHOP IN VANCOUVER, BC

Donald Moyer

Friday October 22 – Sunday October 24, 2010
 (Friday morning October 22, teachers and teachers in training session)*

*Seminar with teachers and teachers in training. Focus will be on individual problems and questions. Maximum 12 participants.



Donald Moyer began practicing Iyengar yoga in London England in 1971, and teaching in Vancouver in 1974—helped and encouraged by Maureen Carruthers. He studied extensively with B.K.S. Iyengar in Pune from 1976-1988, and

remains deeply inspired by his teaching. Donald is the Founding Director of The Yoga Room in Berkeley. He wrote the Asana column for *Yoga Journal* in 1987, 1989, and 1992. In 1988, he and his partner, Linda Cogozzo, started Rodmell Press, which publishes quality books on yoga and Buddhism. Donald's long-awaited first book, *Yoga: Awakening the Inner Body*, appeared in April, 2006.



Sponsored by the B.K.S. Iyengar Yoga Association

WORKSHOP DETAILS

Oct 22 - 24 (Oct 22, teacher training session*)

Times: Fri 6PM - 8:30PM
 Sat 9AM - 12PM & 2PM - 4:30PM
 Sun 9AM - 12PM
 Fri 10AM - 12PM*

Cost: \$220 CDN (members)
 \$270 CDN (non-members)
 Add \$40 CDN for Friday AM session.*

Location: The Yoga Space
 #202 - 1715 Cook Street (at 1st Ave.)

To register: Complete both sides of the form below, include your cheque made out to the B.K.S. Iyengar Association of BC and mail to: B.K.S. Iyengar Association c/o The Yoga Space #202 - 1715 Cook Street Vancouver, BC, V5Y 3J6

For information contact: Donna Rao
 604 876-9600 or raomail@telus.net

Please bring your own equipment. Participants must have one year of Iyengar Yoga experience and must currently be enrolled in a class with an Iyengar teacher.

*Preference will be given to participants attending the weekend workshop. Please respect our cancellation policy. Refunds are only available with two weeks notice prior to workshop. After that time you will be responsible for filling the space.

**Donald Moyer, October 22 - 24, 2010 (October 22, teacher training session)
 Registration, Release and Waiver****

Name: _____ E-mail: _____ Tel: _____

Address: _____ Postal Code: _____

I am currently studying the Iyengar method with _____ Level _____

WOULD YOU BE WILLING TO BILLET? ___Yes ___No

DO YOU NEED BILLETING? ___Yes ___No

Please respect our cancellation policy. Refunds are only available with two weeks notice prior to workshop. After that time you will be responsible for filling the space.

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

B.K.S. Iyengar Association c/o The Yoga Space, #202 - 1715 Cook Street, Vancouver, BC, V5Y 3J6

****The reverse side of this form (Release and Waiver) MUST be completed to validate your registration.**



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