



# IYENGAR YOGA WORKSHOP

## John Schumacher

### July 20-22, 2012

John Schumacher is the founder and director of Unity Woods Yoga Center, Washington D.C., the largest Iyengar Yoga Center in the US. He has studied with B.K.S. Iyengar since 1981 and is one of the few teachers in the US to have been awarded an advanced teaching certificate from Mr. Iyengar.

John's clear, precise style and his engaging sense of humor have made him one of America's leading teachers. He has taught thousands of students and trained hundreds of teachers and continues to give classes throughout the world.

His articles on yoga have appeared in the Yoga Journal and numerous other publications. Over the years, photos of him performing yoga asanas have appeared in a wide selection of books, calendars, and magazines.



*Look for John's articles in the Yoga Journal. He also has many clips on Youtube. Don't miss his demonstration of arm balances! Recordings of his classes are available on [ihanuman.com](http://ihanuman.com).*

### Workshop Schedule

**Friday, July 20, 2012** 6:00-8:00 pm

**Saturday, July 21, 2012** 9:30-12:30 pm & 3:30-5:30 pm

**Sunday, July 22, 2012** 9:00-12:00

*The workshop is open to Iyengar yoga students who regularly practice Sarvangasana, Sirsasana (at wall or in middle of room) and Urdhva Dhanurasana.*

Name \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Total Enclosed \_\_\_\_\_

**Cost for workshop \$200 for MYC members. \$225 for non-members.**

**Sunday afternoon class is an additional \$35.** Please sign up early! Space is limited. No refunds after July 1, 2012.

Annual MYC Membership: \$35 for 65+; \$50 for individuals; \$75 for family membership

**Please make checks payable to: Milwaukee Yoga Center** (Include P.O. Box 11113 when mailing check.)

### Sunday afternoon class for Level 1, Level 1-2 and Level 2 Students

**Sunday, July 22, 2012** 2:00-4:00 pm **Cost for the afternoon class \$35 for MYC members.**

*The Sunday afternoon class is open to Iyengar yoga students who are MYC members.*

**Questions? E-mail: [linda@yogacenter.cc](mailto:linda@yogacenter.cc) Or call: 414-332-3551**

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