~ William Prottengeier ~

IYENGAR YOGA WORKSHOP

Saturday April 6, 2008

William Prottengeier, founder and director of the Minneapolis Yoga Workshop, is a Certified Iyengar instructor. He has been practicing yoga since 1975, and teaching yoga since 1979. He studied with Swami Veda Bharati (Pandit Usharbudh Arya) for 15 years. William's teaching flows from the Hatha Yoga tradition of B.K.S. Iyengar, and Ramanand Patel is his primary teacher in the U.S. His other major influence come from the Vipassana and Advaita Vedanta traditions. William's teaching weaves these traditions into the practice of asana. His teaching blends and balances concentration and precision in asana practice with mindfulness and compassion in daily living.

10:00am-12:30pm

Iyengar yoga is known for its detailed precise alignment. But the journey of yoga, begun with asana, is the beginning of the practice, not the end. This class will focus on the practical alignment principles of the Iyengar method, with an eye to deeper alignment and integration of the body, breath, and mind.

2:30pm-5:00pm

This class will be a practice class. We will explore how the sequencing of poses brings pranic (energetic) harmony in our practice.

FEE Pay at registration. There will be a $25 non-refundable registration fee towards cancellation.

Before March 1, 2008	After March 1, 2008	One Workshop
$95	$120	$60

For more information contact:

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www.greenyogahouse.com

Please mark the session you will be attending: $95 $120 $60 AM/PM (circle One)

Name _____ ***Email*** _____

Address _____

City _____ **State**_____ **Zip Code**_____

Telephone _____

Are you a yoga teacher _____ **Yoga experience** _____