

Manouso Manos Workshop July 20-22nd

\$225

Friday July 20 from 6-8pm

Saturday July 21 10am-2.30pm

Sunday July 22 10am-1pm.

There are no part payments for this workshop.

Workshop requirements: - 2 or more years of Iyengar Yoga experience with a certified Iyengar Teacher.

You are responsible for bringing LABELLED props: 3 blankets, 2 blocks, a belt, and bolster should you require it for your practice.

Payment of \$225 payable to Clear Yoga and mailed to Clear Yoga, 17b 6423 Montgomery Street, Rhinebeck, NY 12572. Email clearyogarahinebeck@gmail.com if you have any questions.

There are no refunds after June 1st . Please complete the following information and mail with your check:

Name: _____

Email: _____

Your Iyengar YogaTeacher: _____