

Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Entire Workshop

_____ \$275

All Levels

_____ \$210

Full days or Single Classes

Saturday, March 30, 2019:

\$105 for both or \$55 per class

_____ Hips & Hamstrings 1-3 pm

_____ Neck & Shoulders 3:30-5:30 pm

Sunday, March 31, 2019

\$105 for both or \$55 per class

_____ Core & Lower back 10:30-12:30 pm

_____ Restorative & Pranayama 2-4 PM

Monday, April 1, 2019

\$70

_____ Arms and Abdomen 1:30-4 pm

Total enclosed \$ _____

(Check /money order to Big Island Yoga Center)

**To pay by credit card
please call Reagan at 808.896.8956**



BIYC: Our Foundations

Iyengar Yoga is based on the teachings of Indian master BKS Iyengar. It emphasizes precise and careful body alignment, muscular balance, and maximum spinal extension.

By using simple props, the Iyengar method helps people of any age or physical condition to practice Yoga safely and derive its benefits. Yoga can enhance athletic performance, ease discomfort from stiff muscles and joints, and reduce the effects of stress. BIYC is fortunate to have 3 certified Iyengar yoga teachers on our schedule.

Payment Calendar & Refund Policy

March 22: All payments & any requests for refunds must be received. A refund can only be given if a replacement for your space can be found and a 20% administrative fee will be retained.

• Space is Limited • Register Early •

Priority will be given to those registering for the 2-day workshop.

If you wish to take single days or individual classes, **please send your registration as early as possible.** After March 17, requests will be filled in the order in which they are received, and you will be notified by the registrar.

Registrar: Reagan Breen
808.896.8956
reaganmbreen@gmail.com

Mail to: Big Island Yoga Center
P.O. Box 2233
Kealakekua, HI 967450



DENISE WENDLER

March 30 ~ April 1, 2019



Stretch & Strengthen

Kealakekua
www.bigislandyoga.com

808-896-8956

Denise Wendler's

passion for yoga has taken her all over the world. She began studying yoga in 1985, taking various styles with teachers in California and Japan. In 1992 she took her first Iyengar class and connected with it so strongly that it changed the course of her life. In 1995 she began the teacher training program at the Iyengar Yoga Institute of San Francisco, and in 1996 she started holding small classes in her home. After graduating from the Institute, Denise achieved her goal of becoming a certified Iyengar instructor.

In February, 2005, her passion took her to India, where she studied with the Iyengar family. Her goal is not only to coach people to greater physical strength and flexibility, but also to guide them toward a focused center of self-awareness.

For that is where all great journeys begin.



Workshop Schedule

The Workshop on Saturday and Sunday is ALL-LEVELS. We welcome students with a minimum of six months of yoga practice.

Saturday, March 30, 2019

Hips & Hamstrings 1 – 3 pm

Join us as we stretch and strengthen our hips and hamstrings. These areas get tight, weak, and painful from all the sitting and standing we do in our daily lives. Tightness and weakness in these areas can also affect the lower back and knees.

Saturday, March 30, 2019

Neck & Shoulders 3:30-5-:30 PM

Tightness in the shoulders, neck, and upper back can lead to poor posture, neck pain, back pain, and headaches. Learn how to stretch, strengthen and align the upper body for better posture, and how to safely release tension and stress.

Sunday, March 31, 2019

Core & Lower Back 10:30 am – 12:30 pm

We'll work the "core", the lower back, the abdominal and pelvic muscles in a variety of poses. Working on the core can relieve back pain, enhance flexibility, promote better breathing, strengthen the pelvic floor and improve balance and posture.

Sunday, March 31, 2019

Restorative & Pranyama 2 – 4 pm

Join us for this deeply relaxing workshop to restore mind, body, and spirit. Pranyama (the breathing practices) will be introduced. You will leave this workshop feeling restored and refreshed!

Monday, April 1, 2019

Arms & Abdomen 1:30 – 4 pm

In this workshop you'll learn how to strengthen your arms and abdominal muscles, stretch helpful muscle groups and bring it all together to approach a variety of intermediate and abdominal poses. This workshop will be especially geared toward the special challenges people face in doing these poses successfully. These poses build confidence and stamina as well as strengthen the arms, wrists, and shoulders.

