

Registration Form

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
E-mail _____

Register for workshop packages:

Entire Workshop: Friday, Saturday & Sunday

- _____ \$350 Full fee (after 1/15)
- _____ \$325 Full fee (paid by 1/15)
- _____ \$100 deposit (\$225 balance due 1/15)

Saturday & Sunday BOTH

- _____ \$195 (after 1/15)
- _____ \$185 (paid by 1/15)

Friday ONLY:

- _____ \$160 (after 1/15)
- _____ \$150 (paid by 1/15)

Saturday or Sunday (circle one) ONLY :

- _____ \$100 (after 1/15)
- _____ \$ 95 (paid by 1/15)

4 BASIC CLASSES: Sat & Sun

Basic Chanting & Pranayama (8:30-9:30am) & Basic Asana (10am-12pm)

- _____ \$100(after 1/15)
- _____ \$95 (paid by 1/15)

2 BASIC CHANTING & PRANAYAMA:

Sat & Sun 8:30-9:30am

- _____ \$25 (paid by 1/15)

2 GENERAL CLASSES: Sat & Sun (2-4:30pm)

- _____ \$95 (after 1/15)
- _____ \$90 (paid by 1/15)

Register for individual classes:

FRIDAY 2/15

- _____ 10:30am-1pm- \$75
- _____ 2:30-5:30pm- \$90

SATURDAY 12/16

- _____ 8:30-9:30am: Basic Chanting & Pranayaman- \$15
- _____ 10am-12pm: Basic Asana- \$40
- _____ 2-4:30 pm: General Asana- \$50

SUNDAY 2/17

- _____ 8:30-9:30am: Basic Chanting & Pranayaman- \$15
- _____ 10am-12pm: Basic Asana- \$40
- _____ 2-4:30 pm: General Asana- \$50

Total enclosed \$ _____

(Check /money order to Big Island Yoga Center)

**To pay by credit card, please call
Amanda 507.459.6700**

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.



**Ray
Madigan**
February 15, 16 & 17th, 2019



Iyengar Yoga Workshop

**BIYC
Kealakekua**

www.bigislandyoga.com

Payment Calendar & Refund Policy

By 1/15: Payment in full for Early Bird rate

After 1/15: Full rate applies

January 31st: All payments & any requests for refunds must be received. A 75% refund may be given only if a replacement for your spot can be found.

• **Space is Limited** • **Register Early** •

Preference is given to those registering for the full workshop. If you wish to take single days or individual classes, please send your registration as early as possible.

Registrar: Amanda Griggs 507.459.6700

E-mail: griggssamanda1@gmail.com

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

Workshop Schedule

Friday, February 15th

For teachers and students interested in a deeper understanding of the practice of yoga.

10:30 am – 1 pm \$75

2:30 – 5:30 pm \$90

Early Bird \$150
before January 15th

Saturday, February 16th & Sunday, February 17th

**ALL LEVELS ASANA, CHANTING
PRANAYAMA**

8:30 – 9:30 am **Basic Chanting &
Pranayama - \$15**
(All Levels)

10 am – Noon **Basic Asana - \$40**
*(for beginner/intro
level/ user friendly class)*

12 – 2 pm **Lunch**

2 – 4:30 pm **General Asana - \$50**
(All levels)

Early Bird \$95/day
before January 15th

About Ray Madigan

Ray Madigan is Co-Director of Iyengar Yoga Honolulu and is certified at the Senior Intermediate 3 level. Ray regularly attends the Iyengar Institute in India for intensive study with the Iyengar family. He has mentors and trains teachers for Iyengar certification at the Introductory and Intermediate levels here at BIYC, in Honolulu and abroad. Ray is also a Registered Nurse and enjoys teaching people of all capabilities.

SPECIAL RATE ENTIRE WORKSHOP

16.5 hours

\$325 by 1/15

\$350 after 1/15

*To qualify for the discounted rate,
full payment must be received
by January 15th, 2019*

Note From Ray:

Dear students of Yoga,

I am pleased to be invited to the Big Island Yoga Center for this workshop. I look forward to working with you all to advance the practice and knowledge of Asana, Pranayama and Philosophy. I hope you all will come and don't feel intimidated. I try to make the practice available to all students who are interested.

Students from all disciplines are also welcome.

