

# Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_

## Register for workshop packages:

### Entire Workshop

\_\_\_\_\_ \$100 Deposit (\$270 balance due by 8/1)  
\_\_\_\_\_ \$370 Full Fee (paid by 8/1)  
\_\_\_\_\_ \$400 Full Fee (after 8/1)

### Single Day Workshop

\_\_\_\_\_ Friday 9/6 \$115/130\*  
\_\_\_\_\_ Saturday 9/7 \$145/165\*  
\_\_\_\_\_ Sunday 9/8 \$130/150\*

### Friday 9/6:

\_\_\_\_\_ Asana 10:30pm-12:30pm \$50/55\*  
\_\_\_\_\_ Philosophy 2:00pm-2:45pm \$15  
\_\_\_\_\_ Asana 3:00pm-5:30pm \$65/70\*

### Saturday 9/7:

\_\_\_\_\_ Pranayama 8:30am-9:30am \$20/25\*  
\_\_\_\_\_ Asana 10:00am-12:30pm \$65/70\*  
\_\_\_\_\_ Philosophy 2:00pm-2:45pm \$15  
\_\_\_\_\_ Asana 3:00pm-5:30pm \$65/70\*

### Sunday 9/8:

\_\_\_\_\_ Pranayama 8:30am-9:30am \$20/25\*  
\_\_\_\_\_ Asana 10:00am-12:30pm \$65/70\*  
\_\_\_\_\_ Asana 2:00pm-4:30pm \$65/70\*

*\* is the pricing after 8/1*

**August 15th:** 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.

Total enclosed \$ \_\_\_\_\_

(Check /money order to Big Island Yoga Center)

To pay by credit card, please call  
Amanda 507.459.6700



## Iyengar Yoga Intensive

### DEEPENING YOUR PRACTICE

Most teachers and students have a daily practice and a regular class they attend once a week. Immersing yourself in yoga for 3 days can take your practice to a deeper level where you can really feel the positive, powerful effect of this ancient art and science.

**Iyengar Yoga** is oriented towards gradual but steady progress, rather than quick and fleeting results. Each class is a unique sequence developed to guide students through a safe and systematic progression. Through skilled instruction and practice, students learn to penetrate beyond the physical body to the inner kosas (layers) of mind, energy and spirit, gaining vitality, clarity and calm through the practice.

Iyengar Yoga is a powerful and sophisticated discipline which can be practiced in all stages of life. The benefits are far-reaching and will assist the practitioner in every aspect of daily living.

### Payment Calendar & Refund Policy

**By 8/1:** Payment in full for Early Bird rate

**After 8/1:** Full rate applies

**August 15th:** 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:** griggsamanda1@gmail.com

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



Iyengar Yoga  
with  
Ray Madigan  
September 6th - 8th, 2019



BIYC  
Kealahou  
www.bigislandyoga.com

# Workshop Schedule

*The second in a series of weekend intensives to deepen your understanding of the subject Yoga*

## **Friday, September 6th**

**10:30am-12:30pm:**  
**Asana (from basic to beyond)**

**2:00pm-2:45pm:**  
**Philosophy Discussion**

**3:00-5:30pm:**  
**Asana**

## **Saturday, September 7th**

**8:30am-9:30am:**  
**Pranayama**

**10:00am-12:30pm:**  
**Asana (from basic to beyond)**

**2:00pm-2:45pm:**  
**Philosophy Discussion**

**3:00-5:30pm:**  
**Asana**

## **Sunday, September 8th**

**8:30am-9:30am:**  
**Pranayama**

**10:00am-12:30pm:**  
**Asana (from basic to beyond)**

**2:00pm-4:30pm:**  
**Asana**

## **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**

**17 hours**

**\$370 by 8/1**

**\$400 after 8/1**

*To qualify for the discounted rate,  
full payment must be received  
by August 1st, 2019*

## **Note From Ray:**

*Dear students of Yoga,*

*I am pleased to be invited to the Big Island Yoga Center for the second of a series of weekend intensives to deepen your understanding of the subject of yoga. The other will be held in December. 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. Although students may drop in to any session, attendance at each intensive is recommended to gain the most benefit.*

*Students from all disciplines are also welcome.*

*Ray*