

Registration Form

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

Register for workshop packages:

Entire Workshop: Friday, Saturday & Sunday

_____ \$350 Full fee (after 10/15)
_____ \$325 Full fee (paid by 10/15)
_____ \$100 deposit (\$250 balance due 10/15)

Saturday & Sunday BOTH

_____ \$195 (after 10/15)
_____ \$185 (paid by 10/15)

Friday ONLY:

_____ \$160 (after 10/15)
_____ \$150 (paid by 10/15)

Saturday or Sunday (circle one) ONLY :

_____ \$100 (after 10/15)
_____ \$ 95 (paid by 10/15)

4 BASIC CLASSES:

Sat & Sun Pranayama (9-9:30am)

& Asana (10am-12pm)
_____ \$100(after 10/15)
_____ \$95 (paid by 10/15)

2 BASIC PRANAYAMA: Sat & Sun 9-9:30am

_____ \$25 (paid by 10/15)

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

_____ \$95 (after 10/15)
_____ \$90 (paid by 10/15)

Register for individual classes:

FRIDAY 11/16

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

SATURDAY 11/17

_____ 9-9:30am: Basic Pranayama- \$15
_____ 10am-12pm: Basic Asana- \$40
_____ 2-4:30 pm: General Asana- \$50

SUNDAY 11/18

_____ 9-9:30am: Basic Pranayama- \$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**

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.

Purna Yoga is based on the teachings of Sri Aurbindo and The Mother, the Vedas, Patanjali, BKS Iyengar, and the systems of Ayurvedic, Chinese and Western nutrition, synthesized by the personal experience of Aadil Palkhivala and Savitri. *Purna* means "complete," and Purna Yoga distills and integrates the vastness of Yoga into an invaluable set of tools for transformation and healing.

Payment Calendar & Refund Policy

By 10/15: Payment in full for Early Bird rate

After 10/15: Full rate applies

October 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
Kealahou, HI 967450



Ray Madigan

November 16, 17 & 18, 2018



Iyengar Yoga Workshop

BIYC
Kealahou

www.bigislandyoga.com

Workshop Schedule

*Suitable for all levels
of student and experience*

Friday, November 16th

*For teachers and students wanting
to understand more deeply the
relationship between the various
asanas.*

10:30 am – 1 pm \$75

2:30 – 5:30 pm \$75

Early Bird \$150
before October 15th

Saturday, November 17th & Sunday, November 18th

ALL LEVELS ASANA & PRANAYAMA

9 – 9:30 am Basic Pranayama -\$15

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 but students
should be ready to
practice inversions)*

Early Bird \$95/day
before October 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.

Note From Ray:

*Dear CIYT's and students of Yoga,
I am pleased to be invited to the
Big Island Yoga Center for this
workshop. I am trying to further
the education and advancement of
the certified teachers and students
on the islands and aim to provide
on-going educational opportunities
for you all.*

*It is my hope that Certified Iyengar
Yoga Teachers and students
will continue to deepen their
understanding of Guruji's teaching.*

With love.

SPECIAL RATE ENTIRE WORKSHOP

15.5 hours

\$325 by 10/15

\$350 after 10-15

*To qualify for the discounted rate,
full payment must be received
by October 15, 2018*

