

IYENGAR YOGA with

Peggy Kelley and Devon Dederich



SPRING – SUMMER 2009

Classes are for students interested in learning the Iyengar method, with formal teacher training starting in Sept. of 2009. We welcome Peggy and Devon, two of the most experienced yoga teachers in Texas. Our goal is to make Iyengar classes available to South Texans, and learn from each other in a yoga community. Questions? Peggy: yogapk@sbcglobal.net Devon: yoga@clearspringstudio.com Emilie: texyoga@sbcglobal.net

\$70 for individual class...payment to the teacher.

All classes will be held on Saturdays, 12:30 – 4:30pm

Feb. 14 “Bend over Backwards” with Peggy @ Boerne Yoga Center
905 N. Main, Boerne, TX 78006

March 14 “Vinyasa in the Iyengar Tradition” with Peggy @ The Synergy Studio
300 E. Grayson #100, S.A., TX 78215

April 25 “The Beauty of the Present Moment” with Devon @ Two Hearts Yoga
5309 McCullough, S.A., TX 78212 No practice occurs outside the present moment. We can look at all the limbs of yoga practice from the perspective of this effort toward being perfectly and beautifully present, in the present moment.

June 20 “Abhyasa & Vairagya: The Nature of Practice” with Devon @ Boerne Yoga Center 905 N. Main, Boerne, TX 78006 Commentators on Patanjali's Yoga Sutra define *abhyasa* as "a steady effort", and *vairagya* as "renunciation", or freedom from desires and attachments. These two lead directly to the quieting of the mind that is at the heart of Yoga practice, and form the pillars that support all of Yoga. Contact Devon at email address above for new registration.

July 18 “Tapas & Svadhyaya: Practice and Reflection” with Devon @ Two Hearts Yoga 5309 McCullough, S.A., TX 78212 *Tapas* means intense practice, and *svadhyaya* refers to the study of the self, both by observing one's own self in action, and by learning what knowledgeable sources have to say. We will look at what constitutes "intensity of practice" and the ways that might relate to gaining understanding of the self. (Hint: it's not *all* about the physical intensity!) Contact Devon at email address above for new registration.