

THE PARADOX OF CONTENTMENT

AN IYENGAR YOGA WORKSHOP WITH RAMANAND PATEL

MARCH 28-30, 2008

Clear Spring Studio and Austin Yoga Institute are delighted once again to host a perennial favorite of ours, Ramanand Patel, in a yoga workshop weekend.



When Ramanand was 12, his father introduced him to yoga philosophy and asana, and he learned early on to embrace yoga with a childlike joyousness and delight. In 1968, after coming across a few other yoga teachers, Ramanand became a student of Guruji ([Yogacharya Shri B.K.S. Iyengar](#)) who profoundly influenced the strength, discipline, deepening, understanding, confidence and enthusiasm of his asana and pranayama practice. Then in 1984 Ramanand intensified his pursuit of truth and knowledge by studying Vedanta philosophy under [H.H. Swami Dayananda Saraswati](#). He also considers [J. Krishnamurti](#) to be a major influence on his thinking.

Ramanand's extensive, distinct, and lifelong yoga experiences inform both his yoga practice and his teaching style. He is recognized and respected internationally and many in the yoga community regard him as one of the world's foremost yoga instructors.

Schedule and Locations

If you have never attended a yoga workshop, or have physical limitations or medical conditions, please ask Devon or Peggy if attendance will be appropriate for you.

Fri. Mar. 28: 6:00pm - 8:00pm , AUSTIN YOGA INSTITUTE, 1122-C S. Lamar

Sat. Mar. 29: 10:30am - 1:00pm, Austin Yoga Institute

Sat. Mar. 29: 2:00pm - 4:00pm, Austin Yoga Institute

Sun. Mar. 30: 10:30am - 1:00pm, CLEAR SPRING STUDIO, 605 Copeland St.

Sun. Mar. 30: 2:00pm - 4:30pm, Clear Spring Studio

Advanced Students Only

Cost

2.5-hour class: \$50; 2-hour class: \$40; entire workshop: \$230 (\$220 if paid before March 15th).

Please make checks payable to Austin Yoga Institute and mail to 1122 C South Lamar Blvd., Austin, TX 78704. For more information contact either Devon Dederich: email yoga@ClearSpringStudio.com, phone 512-231-9644 OR Peggy Kelley at Austin Yoga Institute: email yogapk@sbcglobal.net, phone 512-923-4643.