



Iyengar
Y O G A
ST. PETERSBURG



ONE YOGA AND FITNESS &
Iyengar Yoga St. Pete present

Saturday September 24th 2016

Introduction to **Iyengar Y O G A**

Join One Yoga and Fitness & Iyengar Yoga St. Petersburg for this sponsored workshop with Iyengar Yoga Association of the South East (IYASE), in this introduction to Iyengar Yoga.

This three hour excursion, you will learn to make props your teachers and assists in your personal practice; twist deeper than you thought possible, extend forward and backward like never before, make downward dog your faithful friend and sit lightly in your lotus.



Tricia has been practicing yoga since the mid-nineties, began her practice of Iyengar Yoga in 2002 & became a certified Iyengar Teacher (CIYT) in 2010 in the UK. After establishing her home in the US, she has continued the vigorous process of training & assessment, achieving Intermediate Junior I in 2014 & recently passing her Intermediate Junior II assessment in August 2016.

Tricia recently participated as an instructor and co-author of a pilot study of Iyengar yoga for Aromatase Inhibitor-associated Joint Pain in Women recovering from breast cancer, conducted at the Moffitt Cancer Center in Tampa, FL.

[Link to registration](#)

2:30pm - 5:30pm

\$40 on the day* \$35 in advance or IYASE/IYNAUS membership

