



Rose Yoga
OF ASHLAND

**The 8 Petals of Yoga - Interlinked and Interwoven
with Brian Hogencamp
January 23 & 24, 2016**

B.K.S. Iyengar has said, "All the eight petals of yoga are interlinked and interwoven, if one petal is explicit others are implicit and that is how yoga works." In this weekend workshop, we will pursue a practical understanding of Patanjali's eight limbs or "petals" of yoga through asana, yoga sutra discussion, pranayama and the teachings of B.K.S Iyengar. The intent of this workshop is to impart a more comprehensive experience to the student of yoga.

Brian Hogencamp is a dedicated yoga practitioner and certified Iyengar yoga teacher. He has devoted his life to sharing the art, science and philosophy of yoga according to the teachings of B.K.S. Iyengar. He's been teaching full-time since 2004 and travels annually to India for study with the Iyengar family.



Classes for all-levels:

Saturday, January 23: 9:30-11:30 a.m.

Saturday, January 23: 12:30-2:30 p.m.

Sunday, January 24: 11:30-2:30 a.m.



Brian Hogencamp Workshop Registration Form

Please enclose a check or money order made payable to
"Rose Yoga Center." Send to Rose Yoga, 685 A Street, Ashland OR 97520

Name _____ Email _____

Phone _____ Amount Paid _____

We encourage you to attend the complete weekend. If that isn't possible, the breakdown is below:

_____ Entire Weekend: \$135

_____ Saturday, Jan. 23, 9:30-11:30: \$45 _____ Saturday, Jan. 23, 12:30-2:30: \$45

_____ Sunday, Jan. 24, 11:30-2:30 (includes Q & A): \$65

_____ (additional \$5 discount off the total paid for IYNAUS members; *please include member #* _____)