

# IYENGAR YOGA WORKSHOP

## MANOUSO MANOS

**October 9-11, 2015**  
**Louisville, KY**

*Sponsored by Crescent Hill Yoga*



Manouso Manos is one of the most skilled and experienced of the Senior Iyengar Yoga Teachers. He holds one of only two Advanced Senior certificates granted worldwide by B.K.S. Iyengar. He began his studies with Sri B.K.S. Iyengar in 1976. After numerous trips to Pune, India and over three decades of personal practice, his understanding, and insights into Iyengar yoga are conveyed with authenticity and precision. Methodical in his teaching, Manouso lays a solid foundation and progressively refines each of the asanas. His sense of humor and sensitivity shine through as his dynamic and challenging teaching style moves his students beyond their perceived limits. Join us for a weekend of Manouso's excellent Iyengar yoga teaching in Louisville.

**SCHEDULE:** Friday, October 9, 6-8:00 pm  
Saturday October 10, 9:00am – 1:15pm  
Sunday, October 11, 9:00am-1:15pm  
( Please note Saturday & Sunday will have a break).

**PROPS:** Please bring a mat, a block, a belt and 3 blankets. Please label your props.

**FEES:** Before 9/15: \$210  
After 9/15: \$245 (refunds may be given until Sept 15, minus \$45; no refunds after Sept 15)

**REGISTER:** Participants should have a minimum of one year Iyengar yoga practice; not for beginners. Please make your check payable to Alex Cleveland, and mail it with the form below to:  
**Alex Cleveland, 2203 Eastbridge Court, Louisville, KY 40223.**

Details and updates for this workshop will be shared with attendees via email.

**MORE INFORMATION:** [crescenthillyoga@yahoo.com](mailto:crescenthillyoga@yahoo.com) or 502.468.9170.

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Registration Form—**Iyengar Yoga Workshop with Manouso Manos.** Please print clearly! Fill out completely!

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY, STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

YOGA BACKGROUND/EXPERIENCE/NUMBER of YRS Iyengar Practice

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