

Alex Cleveland
843 Beecher St.,
Louisville, KY 40215.

About Karin O'Bannon

A *teacher's teacher*, Karin O'Bannon is internationally known for her skill in teaching subtleties in asana and pranayama and sharing her knowledge of philosophy and it's practical applications to life.



With over 36 years experience teaching yoga, Karin has earned the distinction of being a **Senior Teacher in the Iyengar tradition**. Her roots are in Louisville, KY; Maja Trigg, her first instructor asked her to teach in 1974.

Karin became a student of BKS Iyengar in 1984. She continues studying with Mr. Iyengar and the Iyengar family at their Institute in Pune, India.

Karin lived and taught in Rishikesh, India, where she established a yoga teacher training program. She continues to teach internationally and throughout the United States. Karin currently lives and teaches in Shreveport, LA.

About Iyengar Yoga

Iyengar Yoga is based on the teachings of BKS Iyengar, author of *Light on Yoga*.

Iyengar Yoga, a highly developed teaching method, emphasizes the integrity and alignment of body, mind and breath. Props, sequencing and length of time poses are held bring beneficial results and deepen the depth of practice.

Through continued practice students develop strength, stamina, concentration and insight.

Asana & Pranayama

The Embodiment of Yoga

Karin O'Bannon
Senior Iyengar Teacher



March 23 -25, 2012

at

Orbis Yoga Studio

Located in the Clifton Center

Louisville, Kentucky

"The practice of yoga aims to overcome the limitations of the body. Yoga teaches us that the goal of every individual's life is to take the inner journey to the soul....."

B.K.S. Iyengar

Asana and Pranayama: The Embodiment of Yoga

Yoga is an experiential philosophy...

To the yogi the most important aspect of correct knowledge is direct perception. The practice of awareness in asana and pranayama makes our senses of perception, as well as, the body and mind come alive.

K O'Bannon

Experience the essence of yoga through the guided teachings of a master teacher.

"Karin's astute eye for detail penetrates a canvas or a person."

**David Charles
Iyengar Institute of Los Angeles**



Located in the Clifton Center, Suite 301

**2117 Payne Street
Louisville, KY 40206
www.orbisyoga.com**

Orbis is conveniently located in the Clifton neighborhood just off of Frankfort Ave.

**For inquiries, call: (502) 468-9170
email: clevelandalex@yahoo.com**

WORKSHOP SCHEDULE

Friday, March 23

Master Class 1- 4 PM

Session 1 6:30 - 8:30 PM

Saturday, March 24

Session 2 9 AM - 12 PM

Lunch Break 12 - 2 PM

Session 3 2 - 5 PM

Sunday, March 25

Session 4 9 AM - 12 PM

Registration & Fees:

This workshop is recommended for students who have at least 2 years experience in yoga.

Master class is for teachers and those with a committed personal practice, including inversions.

***Entire workshop is \$250**

***Sessions 1 - 4 cost is \$200**

Master Class Only \$60

***Register by January 31 for a 10 % discount**

Registration

Please complete and return to address below.

Name: _____

Address: _____

Phone: _____

Email: _____

Are you a yoga teacher? Yes No

Number of years practicing yoga: _____

Check the session you want to attend:

*Entire Workshop @ \$250 _____

*Session: 1 - 4 @ \$200 _____

Master Class only @ \$60 _____

*If mailed before January 31st a 10% discount applies:
\$225 for entire workshop; \$180 for Session 1 - 4.

Amount enclosed: _____

**A \$25 non-refundable fee will apply
in the event of cancellation.**

Make check payable to: Orbis Yoga Studio

Send check and registration form to: Alex
Cleveland, 843 Beecher St., Louisville, KY 40215