



The Studio at Panterra
...for yoga and well-being
Westfield, New York

Weekend Yoga Workshop

Mobility in Stability:

HARNESSING THE PAIRS OF OPPOSITES FOR EMOTIONAL POISE

with Brooke Myers from the Iyengar Institute in New York City

June 1 - 2

10 am - 4:30 pm each day with a lunch break

Cost: \$195 full weekend

\$110 single day

The definition of Hatha Yoga is to unite the apparently opposite sun and moon energies of the body. BKS Iyengar's approach to asana and pranayama was exactly that; every action has a counter action which creates a new state of being and understanding. In this workshop the seeming paradoxes of practice will be explored and utilized for transformation.



Brooke Myers has traveled many times to the Iyengar Institute in India to study with Yogacharya B.K.S. Iyengar and was a member of the group of teachers who began the Iyengar Institute of New York where she still teaches. Brooke has taught yoga in psychiatric hospitals, drug and alcohol rehabilitation facilities, and oversees the Special Needs class at the New York Iyengar Institute. Her study with Dr. Geeta Iyengar, daughter of B.K.S. Iyengar, has been the mainstay of her teaching and practice. She also studied closely with the late Mary Dunn and acknowledges these brilliant teachers as her guides in yoga. Brooke has a special affinity for pranayama and sees all aspects of Iyengar Yoga both as practical and accessible to everyone while bringing us a glimpse of a peaceful world.

For Information/Registration: Jen Raines 716-708-2521 • Dariel Woltz 716-397-5973

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The Studio at Panterra is located at 8579 Hardscrabble Rd., 3 miles west of Westfield, NY 14787, 1 mile from Rt. 20