

BKS Iyengar Yoga Center of Honolulu

Yoga for Stress Relief Clinic

~ Starts Saturday, June 20, 2009 ~



In this Clinic, you will learn modified yoga postures and simple breathing techniques which help relieve the effects of stress. The practice of specially-tailored sequences improves one's sense of comfort, optimism and well-being. Yoga educates the mind to respond in positive and healthy ways to the world around us. No previous yoga experience is necessary.

When: Saturdays, 1:30 – 3 pm
June 20, 27 and July 4, 11, 2009

Where: BKS Iyengar Yoga Center of Honolulu (formerly Manoa Yoga Center)
Located in Manoa Marketplace, 2752 Woodlawn Drive
2nd floor, above Bank of Hawaii (Between Long's & Safeway)

Cost: \$60 for four sessions
Consistent attendance is required for optimum benefit.

Teachers: Ray Madigan, RN and Shelley Choy
Ray and Shelley are certified to teach therapeutic yoga through the Iyengar Yoga National Association of the US. They are also Co-Directors of the BKS Iyengar Yoga Center of Honolulu.

To Join: Mail registration form and check or drop-off at the Center