

Summer Yoga Intensive with Maya Lev

August 9-13, 2017



Offering two classes daily
9:00 am - 11:00 am* – level 1 - 3
3 pm - 5 pm – level 3 - 4

\$120 for 5 classes, \$210 for 10 classes
or \$25 per individual class
\$22 per class if enrolled in more than 5 classes

Wednesday: **Standing Poses & Hip Openers**
Thursday : **Shoulder Work and Inversions**
Friday : **Forward Bends & Twists**
Saturday* : **Backbends - supported and active**
Sunday : **Restorative Poses**

*SATURDAY LEVEL 1-3 CLASS TIME CHANGE : 11AM - 1 PM

Maya Lev is the director of Yoga Center Santa Cruz. She began her study of Iyengar style yoga over 30 years ago, and has been teaching for more than 20 years. Maya attended the teacher training program at the Iyengar Yoga Institute of San Francisco, and studied with many senior Iyengar instructors. She is deeply grateful to Kofi Busia, her primary teacher for the past 22 years. Maya also holds a Master's degree in counseling psychology and is a licensed Marriage Family Therapist with a private practice in Santa Cruz.

Please indicate the days and times you will attend.

Please submit payment and contact information with this form or download one www.yogacentersantacruz.com

Make checks payable to Yoga Center Santa Cruz.
Cancellation policy: No refunds.

Name : _____

Phone : _____

Email : _____

Wednesday:	<input type="checkbox"/> am	<input type="checkbox"/> pm
Thursday:	<input type="checkbox"/> am	<input type="checkbox"/> pm
Friday:	<input type="checkbox"/> am	<input type="checkbox"/> pm
Saturday:	<input type="checkbox"/> am*	<input type="checkbox"/> pm
Sunday:	<input type="checkbox"/> am	<input type="checkbox"/> pm

Yoga Center
SANTA CRUZ



TRADITIONAL IYENGAR YOGA INSTRUCTION