



The Yoga Solution
20 YEARS

5290 Elvas Avenue
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www.TheYogaSolution.net



The Eight Petals of Yoga

with
Brian Hogencamp

" All the eight petals of yoga are interlinked and interwoven. If one petal is explicit others are implicit and that is how yoga works. "

~ B.K.S. Iyengar.

In this extended class, there will be asana, pranayama, and the art of sitting for dhyana (meditation). Practical philosophical infusions from B.K.S. Iyengar's commentary on Patanjali's yoga sutras will fortify the experience with understanding.

Join us for this unique, comprehensive Iyengar yoga experience.

Brian Hogencamp is a dedicated yoga practitioner and certified Iyengar yoga teacher. He has devoted his life to sharing the art, science and philosophy of yoga according to the teachings of B.K.S. Iyengar.

He has taught yoga full-time since 2004 and travels annually to India for study with the Iyengar family.

www.iybrian.com

Easter Sunday,

April 16, 2017

9:30 am - 12:00 noon
\$45 if paid by April 6th ;
\$55 thereafter.

Cancellations prior to April 6th
will be refunded minus a \$15
admin fee; No refunds after
April 6th unless a replacement
can be found.

**For additional information or to sign
up contact:**

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