**Iyengar Yoga Summer Intensive**

***with***

**Lois Steinberg**

**Monday July 29 – Sunday August 4, 2019**

**Iyengar Yoga Champaign Urbana**

**407 W Springfield Ave., Urbana, IL 61801-8810 USA**

**Phone: (217) 344-9642 www.yoga-cu.com info@yoga-cu.com**

**Fee: $475. Payment from non-US residents is encouraged. If unable, please contact.**

**36 hours CE**

*For dedicated Iyengar Yoga practitioners to deepen practice, skills, and knowledge. Minimum five years study in Iyengar Yoga under the guidance of a CIYT. Therapy issues will not be addressed in this course.*

**Schedule: Topics and times subject to change.**

**Mon, Jul 29** IYCU will be available at 9:00 AM for personal practice time.

2:00 – 2:30pm Introductions

2:30 – 3:30pm Pranayama

4:00 – 6:00pm Asana

**Tues, Jul 30** 9:00 am – 12:00pm Asana

3:30 – 4:30pm Pranayama

4:30 - 5:30pm Sutra Study with Gary Jaeger

5:30 – 6:30pm Mock Assessment/discussion

**Wed, Jul 31** 9:00 am – 11:30pm Asana

2:30 – 4:30pm Peer teaching. Optional. Teach one pose from next syllabus to peers. Lois will evaluate.

5:30 – 7:00pm Knees, Low Back, Neck/Shoulders

**Thu, Aug 1** 9:00 am – 11:30pm Asana

12:00pm Crystal Lake Pool! Waterslides, lap lanes, diving board, fun!!!

6:30pm Potluck at Lois’, fire pit, music, weather permitting, fun!!!

**Fri, Aug 2** 9:00 am – 12:00pm Asana

2:30 – 4:00pm Sutra Study with Gary Jaeger

4:00 – 5:00pm Pranayama

5:30 – 6:30pm Mock Assessment/discussion

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**Sat, Aug 3** 9:00 am – 12:00pm Asana

2:00 – 3:30pm Sutra Study with Gary Jaeger

4:00 – 5:30pm Pranayama

**Sun, Aug 4** 9:00 – 11:30 am Asana

**University Housing:** Email [conference@illinois.edu](mailto:confhsng@uiuc.edu) or call (217) 333-1766. Check the web site www.yoga-cu.com for other housing information, directions to IYCU, bike rentals and eating establishments.

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**Registration Form** **- Yoga Intensive Monday July 29- Sunday August 4, 2019**

Name e-mail ­­\_\_\_\_\_\_

Address

City, State, Zip \_\_Phone: \_\_\_\_\_\_

**Amount enclosed $\_\_\_\_\_\_\_\_\_Payment due at time of registration to hold your space.**

**Optional**:

I request to teach peer group style \_\_\_\_\_\_\_\_\_I request to teach assessment style \_\_\_\_\_\_\_\_\_

**Certification Level:**

Who is your primary teacher?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_