



Yoga Co-op of Madison

812 East Dayton Street, Suite 200 Madison, WI 53703

WEEKEND INTENSIVE* with CHRIS SAUDEK July 17-19, 2020

YCOM is pleased to be bringing Chris Saudek, a long-time student of B.K.S. Iyengar, Geeta Iyengar and Prashant Iyengar, to Madison for a weekend workshop July 17-19. Chris holds an Advanced Junior I Iyengar Yoga certification and has studied extensively at the Ramamani Iyengar Memorial Yoga Institute in Pune, India. She teaches classes of all levels at The Yoga Place in La Crosse, Wisconsin. The training Chris received as a physical therapist gave her a valuable background for her study of yoga. She is a precise and disciplined, caring and innovative teacher.

The class schedule is shown below. The Friday class is open to students with six months of experience in Iyengar yoga. For the Saturday and Sunday classes, participants should have at least two years of continual classes in Iyengar yoga, be able to perform Sirsasana for a minimum of 5 minutes (or know any personal adaptation), Sarvangasana for 8-10 minutes, and be able to do Urdhva Dhanurasana and Adho Mukha Vrksasana independently (or know any personal adaptations).

COST AND REGISTRATION INFORMATION

| | | | |
|-------------|-------------------|---------------------------------|-------------------------------|
| Friday | 5:30 – 7:00 p.m. | General | \$25 (Yoga Coop members-\$20) |
| Saturday | 9:00 a.m. – noon | Continuing/Advanced | \$50 (Yoga Coop members-\$45) |
| Saturday | 4:30 – 6:00 pm. | Restorative/Pranayama | \$25 (Yoga Coop members-\$20) |
| Sunday | 8:30 – 11:30 a.m. | Continuing/Advanced | \$50 (Yoga Coop members-\$45) |
| Sunday | 3:30 – 5:00 pm. | Restorative/Pranayama | \$25 (Yoga Coop members-\$20) |
| All Classes | | \$175 (Yoga Coop members \$150) | |

(Registration Form on Back)

*These classes are in conjunction with a three-weekend series that includes additional classes on Iyengar Yoga teaching methodology. As such, it is necessary for participants in the asana/pranayama classes to meet or exceed the levels of experience with Iyengar yoga shown above. The Saturday & Sunday classes are sequential; participation on Saturday is a prerequisite for signing up for Sunday. In the event that YCOM has not reopened after the temporary closure related to COVID-19, these class will be taught via Zoom.

Registration Form

Name _____ Phone _____

Address (City, State & Zip Code) _____

E-mail address _____

Please indicate the fee included for the following classes:

| | | |
|----------|-------------------|--|
| Friday | 5:30 - 7:00 p.m. | \$25 _____ (\$20 for Coop Members _____) |
| Saturday | 9:00 a.m.-noon | \$50 _____ (\$45 for Coop Members _____) |
| Saturday | 4:30 - 6:00 p.m. | \$25 _____ (\$20 for Coop Members _____) |
| Sunday | 8:30 - 11:30 a.m. | \$50 _____ (\$45 for Coop Members _____) |
| Sunday | 3:30 - 5:00 p.m. | \$25 _____ (\$20 for Coop Members _____) |

All classes \$175 _____ (\$150) Total Enclosed: _____

I fully understand your cancellation policy** _____
(Your signature)

****Cancellation Policy:** The registration fee (less a \$15 cancellation fee) will be refunded upon cancellation prior to July 10. After that, refunds will be provided only if someone can be found to take your spot in the class. If you have any questions, please contact Faith Russell at faithrussell@gmail.com or 608-287-6619.

Tuition is due upon registration -- registration is not complete until the tuition has been received. Please cut off the registration form and return it with your registration fee. Make your check out to **Yoga Coop of Madison** and send it to:

Faith Russell -- **606 Clemons Avenue, Madison, WI, 53704.**

No confirmation will be sent. You will only be informed if the class you have registered for is full.