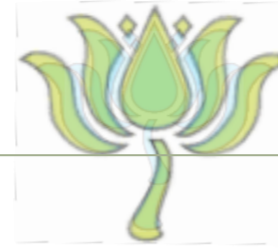




CERTIFIED IYENGAR  
YOGA TEACHER

Iyengar  
Yoga  
With  
Evlaleah



CLASSES / CLINICS / CONSULTS

415 407-5752 | EVLALEAH@MAC.COM

## 2019 Schedule

General Classes & Spine Clinics		IY is rigorous, progressive, instructive, safe, adaptive to need & personally enriching.	
Day	Class Type	Time	Place
Monday	All Levels	9:00 to 10:30 am	YCOM 518 A Tamalpais Dr, Corte Madera, CA 94925
Monday	Restorative Spine Clinic / All Welcome	7:00 to 9:00 pm	YCOM 518 A Tamalpais Dr, Corte Madera, CA 94925
Tuesday	All Levels	9:00 to 10:45 am	KOC 167 Tunstead Ave. San Anselmo CA 94960
Tuesday	Spine Clinic	11:00 am to 1:00 pm	KOC 167 Tunstead Ave. San Anselmo CA 94960
Wednesday	Spine Clinic	7:00 to 9:00 pm	YCOM 518 A Tamalpais Dr, Corte Madera, CA 94925
Thursday	All Levels	9:00 to 10:30 am	KOC 167 Tunstead Ave. San Anselmo CA 94960
Saturday	All Levels	9:00 to 10:30 am	KOC 167 Tunstead Ave. San Anselmo CA 94960
Saturday	Spine Clinic	11:00 to 1:00 pm	VC 226 Sir Francis Drake Blvd San Anselmo, CA 94960
Sunday	All Levels	10:00 to 11:30 am	VC 226 Sir Francis Drake Blvd San Anselmo, CA 94960
YOGA CENTER OF MARIN (YCOM); KNIGHTS OF COLUMBUS (KOC)		VIBRANCE CHIROPRACTIC (VC) BRING BLOCK, BLANKET, MAT & BELT TO THIS LOCATION	
Private Consultation Hours		Yoga is a natural, humane medicine. Student win back health via personal effort & transformation.	
Day	Yoga	Location	
Monday, Friday	8:00 to 6:00 pm	Marinwood Therapy / Address Given When Scheduling	
Tuesday	1:30 - 5:30 pm	Marinwood Therapy / Address Given When Scheduling	
Saturday / Sunday	2:30 to 4:30 pm	YCOM	
Fees		Therapeutics: Spine Clinics & Private Consults Fees	
Regular, Mixed Level Class Fees		Spine Clinics 1/\$65   6/\$325   10/\$460 Private Consults 1 / \$335/2 Hours   Bulk Rate 5+	
1/\$24   5/\$105   10/\$200   20/\$370   Newcomers 4/\$65		Pay by \$, check or credit card [via PayPal on the Fees/Register page at: <a href="http://yogamedica.com">yogamedica.com</a> ] before starting a General Class, Spine Clinic or Private Consult. Thanks.	

B.K.S. Iyengar	Evlaleah
Named 1 of a 100 most influential heroes of the 20th C., his mastery of asana & pranayama, clarifications of method, literature, egalitarian ways, inventions, therapeutic applications, restorative yoga & teachers' education generated global interest & wisdom about human potential, fitness, cognition, longevity, health, natural healing & living & dying happily.	Training w/Guruji '72-2014;a founding member/Iyengar Yoga Institute/SF, founder of B.K.S. Iyengar Yoga School/SF/'87, Iyengar Yoga Marin & Yoga Medica/'04. On his behest, I brought <i>Yoga for Back Care</i> to America/1980 after he mended my severe spinal injury. Dispensing his pristine methods, SF Bay Area docs, patients, Workman's Comp & Insurance Groups named it ' <i>best spinal rehab.</i> '

Regular Classes: [iyengaryogamarin.com](http://iyengaryogamarin.com)

Therapeutics: [yogamedica.com](http://yogamedica.com)

