



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

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. Students transform their health holistically.

Day	Yoga	Location
Monday, Wednesday, Friday	12:00 am to 4:00 pm	YCOM 518 A Tamalpais Dr, Corte Madera, CA 94925 & TBA
Tuesday	1:30 - 6:00 pm	YCOM 518 A Tamalpais Dr, Corte Madera, CA 94925 & TBA
Saturday / Sunday	2:00 to 6:00 pm	YCOM 518 A Tamalpais Dr, Corte Madera, CA 94925 & TBA

Fees

Regular, Mixed Level Class Fees Therapeutics: Spine Clinics & Private Consults Fees

1/\$24 | 5/\$105 | 10/\$200 | 20/\$370 | Newcomers 4/\$65

Spine Clinics 1/\$65 | 6/\$325 | 10/\$460
Private Consults 1 / \$335/2 Hours | Bulk Rate 5+

Pay by \$, check or credit card [via PayPal on the *Fees/Register page* at: yogamedica.com] before starting a General Class, Spine Clinic or Private Consult. Thanks.

B.K.S. Iyengar

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 about human potential, fitness, cognition, longevity, health, healing & living & dying happily.

Evlaleah

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 *Yoga for Back Care* 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 '*best spinal rehab.*'

Regular Classes: iyengaryogamarin.com

Therapeutics: yogamedica.com

