

# Iyengar Yoga Workshop

## Louie Ettling

Oct 4-6, 2019



Louie Ettling is the founder of The Yoga Space in Vancouver ([www.theyogaspaces.ca](http://www.theyogaspaces.ca)). She has been a keen student of Iyengar Yoga since she started her yoga studies in the mid-eighties. Louie has regularly studied with B.K.S Iyengar and his family in Pune, India. She serves on the Professional Development committee of the Canadian Iyengar Yoga Association of Canada (IYAC/ACYI) as a trainer or teachers and as an assessor. She shares her love of yoga by teaching seriously and with humour. She is supportive and challenging of students' own intelligent exploration of and participation in the subject.

### Workshop Schedule

Friday, October 4      6:00 – 8:30 pm  
Saturday, October 5    1:00 – 5:30 pm  
Sunday October 6      9:00 am 1:00 pm

**Cost: \$225.00**

**Location: Yogaview**

**89 West Arm Road, Tracadie, N.S.**

**See map at [www.yogaview.ca](http://www.yogaview.ca)**

**Info about accommodations contact [wwhite@gmail.com](mailto:wwhite@gmail.com)**

**Prerequisite:** Participants should have at least **3 years of Iyengar yoga experience**, be able to do Salamba Sirsasana at the wall and Salamba Sarvangasana. Exceptions will be made for medical conditions.

**REGISTRATION:** Deposit of \$100 by June 30, 2019 to secure a space. Payment in full by August 1, register by emailing [doubledlight@gmail.com](mailto:doubledlight@gmail.com) telephone 902 318 4177.

**Accommodations:** Seaside cottages, rooms in the nearby town of Antigonish ( 25 km) and billeting with local students for \$40/night. **See contact info above**

**\*\*\* 50 % of your fee may be withheld for any cancellations after August 30, 2019 . If your spot can be filled by another student, then you will be fully refunded.**