



IYENGAR YOGA ASSOCIATION OF MINNESOTA

Event Information

Event: *IYAMN presents: Yoga Day 2016 with Joy Laine*

Date & Time: *Saturday, December 03, 2016, 1:30-4pm*

Location: *St. Paul Yoga Studio, Selby Studio, 1162 Selby Ave. St. Paul, MN 55104*

Description: *Joy has been certified as an Iyengar Yoga teacher since 1977 and currently holds an Intermediate Junior II certification. In addition to teaching yoga, Joy has been a member of the Macalester College philosophy department for nearly thirty years where she teaches classes in mind, language and Indian philosophies.*



Each winter IYAMN hosts an event to coincide with B.K.S. Iyengar's birthday which falls on December 14. This is an opportunity for our community to commemorate the life of Gurujii in gratitude for his teachings. Joy Laine will give a brief talk on the role of āsana practice within the overall practice of yoga. This will be followed by an āsana class.

Schedule: *1:30-3:00 - Discussion on the eight limbs of yoga followed by āsana class.*
3:00-4:00 - General membership meeting, hors d'oevres and socializing.

Cost: *The class will be free for IYAMN members, \$15 for non-members.*