

May 5 – 7, 2017

Friday 6:00 – 7:30 PM \$40
Saturday 9:30 – 11:30 AM \$40
Saturday 1:00 – 3:00 PM \$40
Sunday 10:00 – 12:30 PM \$45
Full Weekend - all sessions \$145

About the workshop...



“Asanas help keep the body in harmony with nature....all the while increasing sensitivity.”
~ BKS Iyengar

I love the nature aspect of yoga. It is fascinating to me. We are all an integral part of nature and yet sometimes we forget. Many of the yoga postures were named after observations from nature, Vrksasana (tree pose), Parivrtta Ardha Chandrasana (half moon), Garudasana (Eagle), Gomukhasana (cow face), Ustrasana (camel) to name just a few. BSK Iyengar felt that the earth represented all that is practical, material, tangible and incarnate. It is the knowable world we humans explore through discovery and observation. Nature is full of variety and never static. We too are constantly changing and only by attending to the physical body can we deepen our spiritual lives. The physical body corresponds to the element of earth namely clay. By exploring the body we explore this element and start to develop the qualities of earth within ourselves: solidity, shape, firmness and strength.

Jo Zukovich

Jo Zukovich has been practicing yoga since 1970. She began studying Iyengar yoga in 1980 and has been teaching since 1984, traveling to India to study directly with the Iyengar family. Her dynamic and fun teaching style enables students of all abilities to reach new potentials and discover the joy of yoga. Join Jo for an enriching weekend exploring the concepts of stability and extension, moving from the basics, and moving deeper.

“Yoga is something that opens you to new experiences. The work may start physically, but travels to the mental and spiritual. It is with great gratitude for BKS Iyengar that I teach and practice. I hope we can all become more compassionate through the practice of yoga.” ~ Jo Zukovich

Register for this workshop by completing and sending this form with a check payable to Mind Body Solutions, 17516 Minnetonka Boulevard, Minnetonka, MN 55345. [952.473.3700] You can also register online at www.mindbodysolutions.org/yoga/traditional-yoga/workshops/

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