

meet Jo Zukovich

Jo is a Junior Intermediate III Iyengar Certified Instructor visiting from San Diego, CA. Starting her yoga journey under the instruction of Mary Dunn in 1979, Jo travels the world sharing her expertise and love for this practice in an accessible way for all. You can expect her classes to be dynamic, energetic and fun.



New! ART of YOGA Weekend Training with Jo Zukovich

FRI *and* SAT
NOVEMBER 8-9

AUSTIN WELCOMES LONG-TIME IYENGAR TEACHER, JO ZUKOVICH

Bringing nearly 40 years of yoga experience, teaching classes and workshops in the U.S. and abroad, owning yoga studios, training teachers, and traveling to India several times to study with the Iyengar family. Yoga is her lifelong passion and her dedication and love of the art of yoga shows in her teaching.

WEEKEND SCHEDULE:

- Friday, November 8 at 6-8pm | HIPS & HAMSTRINGS
- Saturday, November 9 at 11am-1pm | STANDING POSES & INVERSIONS
- Saturday, November 9 at 3-5pm | BACKBENDS & TWISTS

Students and teachers of all traditions are welcome to attend. Some yoga experience is recommended, but this is an all levels training.

3 sessions - take 1 or all

limited to 40
these sessions will fill up
to insure a spot please
register in advance

\$35 for each session or
\$99 entire weekend

WORKSHOP LOCATION AT:

Castle Hill Fitness
downtown studio
1112 N. Lamar Blvd.
Austin, Texas 78703