

A Day with Eric Small

Senior Iyengar Teacher

Saturday, August 20 • Cost: \$60

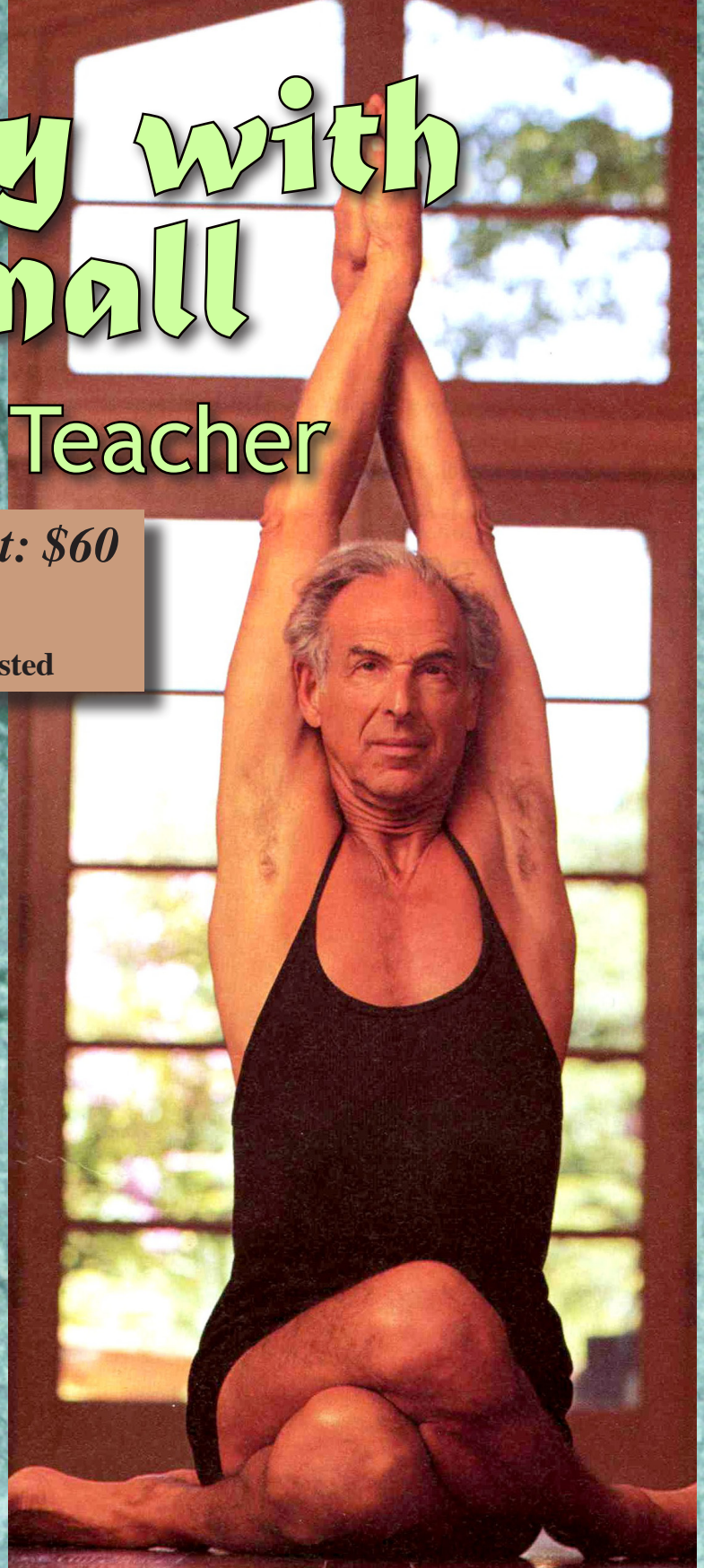
10am – 3:30 pm

Space is limited – early registration suggested

A great opportunity to study with a yoga master in the Iyengar tradition, Eric's workshop will focus on answering questions from students regarding their practice and working on specific yoga poses. It will also cover how to vary the practice and develop different yoga posture sequences that are appropriate to individual student needs. Open to all levels.

If you'd like to pose specific questions about your practice in advance, please send your inquiries to rosmorgan@yogams.com by August 13.

Eric Small has been teaching yoga since 1965. He became involved in the practice after being diagnosed with multiple sclerosis at age 22. Now in his 70s, Eric is an amazing testament to the healing power of yoga and a personal home practice. Eric is Director of the Beverly Hills Iyengar Yoga Center and as a certified Senior Level Teacher also travels throughout the U.S. and Europe conducting workshops and seminars for both m.s. and non-m.s. students and instructors.




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**105 S. Oak #200
@ Santa Clara
Ventura
805.643.5669
www.yogajones.com**