

WORKSHOP Sunday, July 25, 12:30-2:30
YOGA FOR DEPRESSION
 Marla Apt



IYENGAR YOGA THERAPEUTICS

Iyengar Yoga Therapeutics (IYT) is a new, not-for-profit organization devoted to helping people manage diseases and conditions through the therapeutic applications of yoga, providing continuing education to Iyengar teachers and initiating and participating in University and hospital research on the benefits of therapeutic Iyengar Yoga.

BKS IYENGAR COMPLEMENTARY THERAPY RESEARCH GROUP

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The ancient yogis of India understood the connection between posture (asana) and emotions. In this workshop we will explore how various aspects of the yoga practice affect our mood, can help us balance our mind and emotions and manage the symptoms of depression. Asana and pranayama are understood in Iyengar Yoga as a means to practice the yamas and niyamas, gain emotional stability, connect with your subtle anatomy, and steady the mind. The workshop is open to all students with six or more months of Iyengar Yoga practice.

Marla is a Senior Intermediate Iyengar Yoga teacher. She is on the faculty of the Iyengar Association of Southern California's three-year teacher training program and has served as President of the Iyengar Yoga National Association. Having lived for one year in Pune, India studying at the Iyengar Yoga Institute, she continues to study annually with the Iyengars. Marla has been involved with medical research studies at UCLA on yoga for depression, anxiety and IBS and created the first yoga therapy content to be incorporated into the curriculum of the David Geffen School of Medicine at UCLA. She is also a contributor to Yoga Journal. Her website can be found at www.yoganga.com.

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Name _____
 Address: _____
 City, State, Zip _____
 Phone _____
 E-mail _____
 Cash Visa MC AMEX Discover
 Card No. _____
 Expiration Date _____
 Course Fee \$55 (\$45 on or before 7/18)
TOTAL PAID: \$ _____ (Make checks payable to IYILA) See Workshop Policies on other side.

FOR OFFICE USE ONLY

Date Rec'd _____
 Approval Code _____
 Check Number _____
 Registered in MBO _____
 Paid _____
 Confirmed _____
 Refund _____

WORKSHOP POLICIES
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Cancellations made on or before July 23 are eligible for credit towards future workshops or a full refund. No refunds or credit will be given for cancellations made after July 23.

Workshops are non-transferable to friends and family members.

Once the workshop becomes full, IYILA will start a waitlist with a maximum of 10 students. In the event that someone cancels his/her workshop registration, IYILA staff will call the students from the waitlist.

There will be a drop-in sign-up sheet each day of the workshop, beginning one hour prior to the start of the workshop. Please note that the drop-in sheet is separate from the waitlist, and those students on the waitlist will NOT be transferred to the drop-in sheet automatically.

Space for drop-in students is not guaranteed.

A student registered for the workshop who does not arrive on time will automatically forfeit his/her space unless he/she calls IYILA within the hour before the start of the workshop to assure the staff that he/she will be there, but will be arriving late.