

YOGA FOR YOUR KNEES

JULY 11, 2010

Sunday 2-5pm

LOCATION

Montana Studio

PRICE

\$45 by 7/4; \$55 after

REGISTER

310.664.6470 ext. 125

The largest joint in the body, B.K.S. Iyengar refers to the knee as the shock absorber of the body. When done with mindfulness, yoga can help stabilize and sustain healthy knees. In this workshop you will explore how to use yoga to strengthen as well as protect the knees through proper alignment.

Marla Apt, a Senior Intermediate level Iyengar Yoga teacher is on the faculty of the three-year Teacher Training Program of the Iyengar Yoga Association of Southern California and teaches throughout Los Angeles and internationally. She visited India for the first time while doing research for a degree in Buddhist Philosophy and has since returned numerous times for yoga studies including a year of study in Pune, India with B.K.S. Iyengar, his daughter, Geeta Iyengar and son, Prashant Iyengar. Marla continues to study annually with the Iyengars. She has served as the President of the Iyengar Yoga National Association of the United States.

Marla is a writer contributor for Yoga Journal Magazine and is the author of Yoga Journal's Basics column. She 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 UCLA medical school's curriculum.



with

**MARLA
APT**



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