

# IYENGAR YOGA WORKSHOP

**JAKI NETT**

**September 28-30, 2018**  
**Crescent Hill Yoga**  
**Louisville, KY**



*“Yoga asana is the foundation, anatomy is the insight; precision of postural alignment is the outcome.” – Jaki Nett*

Jaki Nett, Senior Iyengar yoga teacher and certification assessor, blends her knowledge of yoga asana, anatomy, design and movement into a methodical teaching style. She is both present and accessible to her students. Register for entire workshop or select specific sessions. **Priority given to students attending entire workshop.** One year of yoga practice recommended.

**VENUE:** Crescent Hill Yoga (within Crescent Hill United Methodist Church) 201 S. Peterson Ave. Louisville, KY 40206

**SCHEDULE:** **Fri 6-8:30PM:** “The Importance of the Pelvic Floor.” Learn to practice asana for the pelvic floor with decorum & accessibility. The workshop will build from this understanding.  
**Sat 9:30AM-12:30PM:** “Why Start with Standing Asana?” Experience how pelvic floor understanding refines our standing poses.  
**Sat 3-5:30PM:** “Forward Bending.” Poses that elongate adductors, hamstrings; anatomical movements of hips, knees, and spine; freedom of movement at the hip socket is revealed.  
**Sun 9:30AM-12:30PM:** “Back-Bending & Twisting.” The journey will end with the art of back-bending and twists.

**PROPS:** Props available for out of town students.

**FEES:** Register by **Sept 22**, \$195 for IYNAUS members; \$215 Non-IYNAUS. \$60 per session FRI pm or SAT pm; \$65 per session SAT am or SUN am.

**REGISTER:** Check to Alex Cleveland, w/the form below to: **A. Cleveland, 2203 Eastbridge Court, Louisville, KY 40223**

**MORE INFORMATION:** [crescenthill yoga@yahoo.com](mailto:crescenthill yoga@yahoo.com) or 502.468.9170 [www.crescenthill yoga.com](http://www.crescenthill yoga.com)

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Registration Form—**Iyengar Yoga with Jaki Nett.** Please print clearly!

NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY, STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
EMAIL \_\_\_\_\_ YOGA BACKGROUND/EXPERIENCE \_\_\_\_\_

Registration Option: \_\_\_\_\_ Entire Workshop \_\_\_\_\_ Friday \_\_\_\_\_ SatAM \_\_\_\_\_ SatPM \_\_\_\_\_ Sun