

a weekend with **MARY REILLY**



IYENGAR
YOGA CENTER
OF VERMONT

iycvt.com

Friday, 2/17–
Sunday, 2/19

with special guests
LESLIE FREYBERG
and **BOB GILBO**



plus:
Shivaratri
Celebration



schedule:

Friday 6–8 p.m.

ASANA with Mary

Saturday 9 a.m.–12 p.m.

ASANA with Mary

1:30 p.m.–3:30 p.m.

PRANAYAMA with Mary

3:45–5:30 p.m.

SHIVARATRI
CELEBRATION:

stories of Lord Shiva
with Bob Gilbo

CHANTING
with Leslie Freyberg

Sunday 10 a.m.–1 p.m.

ASANA with Mary