

# Fall 2018 Workshops at Garden of Yoga

## October

Thursday, October 11 6:45pm – 7:30pm: **Intro to Iyengar Yoga series begins**  
**Laura Lundy**

Saturday, October 13 2:00pm – 5:00pm: **Yoga for Hyper-Kyphosis**  
**DL Heraty**

Sunday, October 14 11:00am – 1:00pm: **Restorative Aroma Yoga**  
**Meg Barber**

Monday, October 15 4:30pm – 5:15pm: **Meditation Mondays**  
**Donna Prenta**

Saturday, October 20 1:00pm – 3:30pm: **Yoga for the “Aging” Athlete**  
**Jim Shaw**

Wednesday, October 24 6:00pm – 6:50pm: **Intro to Iyengar Yoga series begins**  
**Kristen Kepnick**

Friday, October 26 – Sunday, October 28: **Weekend Workshop: Meditation in Asana**  
**Visiting CIYT, Janet MacLeod**

## November

Sunday, November 4 1:00pm – 3:00pm: **Start Your Personal Practice**  
**Connie Zdenek**

Saturday, November 10 1:00pm – 3:00pm: **Low Back & Hip: Double-Buckle Belt**  
**Visiting CIYT, Kelly Sobanski**

Sunday, November 11 11:00am – 1:00pm: **Restorative Aroma Yoga**  
**Meg Barber**

Sunday, November 18 11:00am – 1:00pm: **Yoga Nidra**  
**Kathleen Wright**

Monday, November 19 4:30pm – 5:15pm: **Meditation Mondays**  
**Donna Prenta**



Visit [gardenofyoga.net](http://gardenofyoga.net) for details and registration