



6-8 PM

Standing Poses

Standing poses, the foundation of the Iyengar method, introduce us to the primary actions of many advanced poses. With diligent work, skill and intelligence blossom as our practices become more dynamic. We cultivate intention with attention, commonly called “will power”. By yoking together body and mind we kindle the flame of Tapas, the burning drive towards purification, enthusiasm, or vigor. **\$35**

**FRIDAY PM
MARCH 9
and**

**SATURDAY A M
MARCH 10, 2012**

**KINDLING THE
FLAME OF YOUR
PRACTICE WITH
TAPAS**

**Led by
LINDA
DI CARLO**

All Levels Welcomed

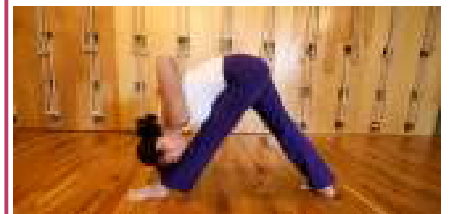
**Both classes for \$60 if registered
before February 1, 2012**

**Iyengar Yoga Sarasota
In coordination with
Rosemary Court Yoga
810 N. Central Avenue
Sarasota, FL**

9-11 AM

**Chest & Shoulder
Opening Back Extensions**

Spine arching poses are the antidote to our western lifestyle. After childhood we rarely bend in this manner. As a result the musculature on the anterior surface of the body shortens and posture reflects an anatomical imbalance. Using the Iyengar method we will move progressively through a series of poses to create spaciousness and freedom. This in turn will bring about an open heart and a favorable disposition of the mind. **\$35**



REGISTER ONLINE AT ROSEMARY COURT.COM

Linda Di Carlo is an Intermediate Junior III teacher and has a master's degree in Exercise science. As the director of Iyengar Yoga Source in Providence, RI she is honored to share her commitment, enthusiasm and knowledge of yoga with her students. A past president of IYNAUS, Linda serves as an assessor of certified teachers and conducts teacher training for her apprentices. Steeped in the Iyengar method since 1986, she has studied in Pune, India, with the Iyengar family multiple times.

