

Student Intensive

With Lauren Cox and Ty Chandler

August 26 - 30, 2010

9:30 am - 12:30 pm

Each day there will be an introduction to pranayama along with philosophical and spiritual discussions. Two hours of yoga asanas, including a timed practice, yoga kurunta work, restorative poses, and inversions follow.

Fees: \$299 CDN +GST IYCV Members
\$325 CDN +GST IYCV Non-Members

All intensives are subject to 5% GST.

Refund will be offered only if your space can be filled, and is subject to a \$50 cancellation fee.



INTENSIVE FOR CERTIFIED TEACHERS

August 12-16, 2019

Take the opportunity to work with two senior Canadian teachers, **Ann Kilbertus and Louie Ettling**.

This course is designed for teachers seeking to refine their skills at junior and senior intermediate levels.

Ann's studies began in 1984; Louie's began in 1987. Both hold Intermediate Senior certificates and have studied regularly with B.K.S. Iyengar and his family in Pune.

Daily schedule runs 9:30 am to 5:30 pm with a two-hour lunch.

IYCV Members \$720 / Non-members \$765 / IYCV membership \$40

A deposit of \$150 will reserve a place.



SPRING 2019 ANNOUNCEMENTS

Register for workshops and classes: 202-919 Fort Street, Victoria, B.C. V8V 3K3
(250) 386-YOGA (9642) www.iyengaryogacentre.ca



Annual Spring Tea Fundraiser

Hosted by Students from the Remedial Class

Thursday, March 21, 2019, 2:45 - 4:45 pm

Enjoy delectable teas, homemade sweets and savouries; win something amazing at the silent auction and draw; wear your favourite hat! Proceeds will assist the purchase of new props, the replacement of old props, and funding bursaries for the Transition and Remedial classes.

\$25 per person | Free for children

Please note: Payment of the ticket price does NOT qualify as a donation. Separately, we welcome donations at anytime. Tax receipts issued for donations of \$25 or more.

Awakening: The Journey Back to Sleep

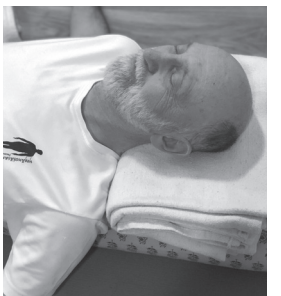
with Glenda Balkan-Champagne

Explore some ways that Yoga may help to quieten the mind and soothe you back to sleep. Please note that inversions will be part of the practice.

Saturday, April 13, 2019,
1:00 - 3:00 pm

\$36 + GST for Members

\$40 + GST for Non-members



Membership has benefits!

Become a member of the Iyengar Yoga Centre of Victoria and enjoy:

- Discounts on classes and workshops
- Early registration for classes and workshops
- Scholarship eligibility for various workshops
- Library borrowing privileges
- Free practice space on Sunday afternoons
- Opportunities for members to contribute insights and apply to sit on the board of directors

One-year membership fee: \$42 CDN (\$40 + GST), renewable each January.

Membership PLUS

The Iyengar Yoga Centre of Victoria is offering a second membership option, Membership PLUS.

Receive all the benefits of an annual membership, PLUS six copies of the newsletter. Ideal for teachers with their own studio!

This membership is available within Canada for \$57.75 (\$55 +GST)

Please complete this form and mail or drop it off at our office with your cheque or money order to:

Iyengar Yoga Centre
of Victoria Society
c/o Hilary McPhail
202-919 Fort Street,
Victoria BC V8V 3K3 Canada

☐ **One-year: \$42** ☐ **Membership Plus \$57.75**

☐ **Add \$8 to have newsletter mailed to you**

NAME: _____

ADDRESS: _____

CITY: _____

PROV/ STATE: _____

POSTAL CODE: _____

COUNTRY: _____

PHONE: _____

E-MAIL: _____

- ☐ Please mail my newsletter
☐ Please email me the link to the web newsletter.
☐ Sign me up for monthly yog-e email news
☐ Receipt required

The 35th Annual

Retreat at the Salt Spring Centre

June 7 – 9, 2019



Attend our annual retreat on beautiful Salt Spring Island and participate in a weekend of Iyengar Yoga with Leslie Hogya and Wendy Boyer.

Leslie has been teaching in Victoria since the early 70s and has been active in the local centre since then. She has studied in Pune with the Iyengar family at the RIMYI many times since her first trip in 1985. Her most recent trip was in December 2015. Leslie trains teachers and has taught in the U.S., Thailand, Hong Kong, and Mexico. Wendy began her Iyengar yoga journey with Shirley Daventry French in 1990, and began teaching

IYCV Members:
Private accommodation: \$554 +GST
Shared accommodation: \$488 +GST
Camping: \$441 +GST
Commuting: \$395 +GST
Non-Members:
Private accommodation: \$578 +GST

Shared accommodation: \$512 +GST
Camping: \$483 +GST
Commuting: \$436 +GST
Refunds will be offered only if your space can be filled and are subject to a \$50.00 cancellation fee.

in 1996. She attributes her knowledge of the Iyengar method to studying with Shirley and other inspiring local and international teachers. Asana and pranayama, and managing the Victoria Iyengar Centre are her daily practice. "Yoga practice and observing students and my peers has taught me so much about our mysterious bodies, and about life." Wendy and Leslie's teaching is delivered with humour and clarity, inspiring students to explore a range of motion, balance and the energy of Iyengar yoga. Their safe, fun and supportive approach highlights yogic principles and encourages students to weave yoga philosophy into their daily lives.



International Day of Yoga

Join us for the 6th Annual
International Day of Yoga
Friday, June 21

5:00 PM ALL LEVELS PRACTICE
with Jayne Jonas and Adia Kapoor

6:00 PM POTLUCK -

Bring something to share, as well as your own plate
and utensils.

Come celebrate International Day of Yoga and the
Summer Solstice with your community!
All levels, all traditions welcome!

Scholarships & Bursaries

Speaker from India,
May 18-20, deadline April 26

Salt Spring Retreat,
June 7-9, deadline April 26

Intensive for Introductory
Teachers in Training,
July 3-5, deadline April 24

Intensive for Certified Teachers,
August 12-16, deadline May 24

Student Intensive,
August 26-30, deadline August 5

Bursaries are available to all students
presently enrolled in classes.

To subsidize your term fees,
please apply four weeks prior to term.

Applications for both are available at the
reception desk.



Iyengar Yoga
ASSOCIATION OF CANADA
ASSOCIATION CANADIENNE DE
Yoga Iyengar

2019 IYAC/ACYI ASSESSMENT DATE

March 1-3, 2019,
Intermediate Junior 1, Toronto, ON

IYCV Calendar

March

- 21 High Tea Fundraiser
- 29 Practice Enrichment
- 30 Professional Development

April

- 13 Awakening Workshop

May

- 4 Improve Your Poses Workshop
- 17-20 Guest Speaker from India

June

- 1 Inversions Workshop
- 7-9 Salt Spring Retreat
- 21 International Day of Yoga
- 24-28 Jump into Summer

Practice Enrichment Series

March 29, 2019

The Iyengar Yoga Centre is the
place. Give yourself the extra
time and space to join Ann
Kilbertus and Ty Chandler in
this series of sessions for your
own enrichment on the path
of Yoga. Asana and Pranayama
will be taught to invite the
practitioner in finding what
Guruji calls “the work of
devoted practice”. All Level 2, 3
and 4 students welcome.

With Ann Kilbertus and Ty Chandler

\$48 + GST each session

JUMP INTO SUMMER

Come jump-start and build
your practice for five mornings
with Lauren Cox. Standing,
twisting, inverting, back
bends, and seated poses
will be explored during this
morning series.

Monday to Friday,
June 24-28, 2019,
7:00-8:00 am

Members \$73,
Non-Members \$80,
\$18 per drop-in

Registration opens May 6, 2019

Refund offered only if your space can
be filled, and is subject to a
\$15 cancellation fee.

Professional Development Series for Iyengar Yoga Teachers and Trainees

Commit to this series to refine
your skills as a teacher and to
deepen your understanding of
Iyengar Yoga with some of the
country's most experienced and
respected teachers. Sessions
will include teaching enrichment
opportunities as well as a wide
variety of current and relevant
PD topics for certified Iyengar
Yoga teachers and
trainees

10:30 am - 1:45 pm
March 30, 2019

\$50 + GST each
session



An All-Levels Workshop with Lucie Guindon

May 4, 2019,
10:45 AM - 1:15 PM

Beginners and
Teacher Trainees -
this workshop
is for you too!"

Improve Your Poses by
Understanding the Basics

\$45 +GST Members | \$50 +GST Non-members

Building Confidence in Inversions

June 1, 2019,
1:00 pm - 4:00 pm

Inversions are the cornerstone of Iyengar
yoga practice. Join Adia Kapoor to explore the
important actions and principles that prepare the
body for approaching and working with inverted
poses. Learn preparations and modifications
towards a safe and stable practice of headstand,
shoulder stand and arm balancing. Whether a
beginning student in Level 1 classes thinking
about moving up to Level 2, or an experienced
student who is nervous about inverting, or any
level of practitioner who just wants to dive
deeper into being upside down, come and
explore with us!

Fees: \$54 + GST Members,
\$59 + GST Non-members



Members' Practice

All current members of the Iyengar Yoga Centre of Victoria who attend a regular class or
have received permission from the practice monitor are welcome to participate in an open
practice every Sunday afternoon from 12:30 - 3:30 pm.

There is no instruction given in this self-directed practice session. Props, books and other
resources are available for the use of anyone who attends.

Come for 20 minutes or stay for three hours!



Intensive for Introductory Teachers in Training

Three-day Dynamic Intensive
Asana. Pranayama. Philosophy.
Peer Teaching.

Wednesday, July 3 to Friday,
July 5, 2019

With Leslie Hogya,
Ann Kilbertus
and Ty Chandler

Only 12 spaces available!
9:00 to 5:00 Daily

\$414.00 members,
\$455.00 non-members

REGISTRATION required by May 1
(for administrative/scheduling purposes)

A deposit of \$150 will reserve a place.
Payment in full is due June 1.

Before June 1, refunds are subject to a \$50
administration fee.

After June 1, refunds offered only if your
space can be filled.

Save the Dates!

GUEST SPEAKER FROM INDIA

coming May 17-20, 2019

Watch for details
at the IYCV front desk.