



## Karin O'Bannon Workshop

**Saturday October 6 - Sunday  
October 7, 2012**  
Weekend Workshop

*"From Monkey-Minded to Hanuman-Inspired ~  
What we can learn from the story of Hanuman,  
Lord of the monkeys."*

Saturday 9:00 am - 12:00 pm & 3 - 5 pm  
Sunday 9:00 am - 12:00 pm & 3 - 5 pm

We are pleased to welcome Karin O'Bannon to our studio. Karin is a devoted, long-time practitioner of Iyengar Yoga with over 36 years of teaching experience. Karin is internationally known for her skill in teaching subtleties in asana and pranayama and sharing her knowledge of philosophy and its practical applications to life.

Karin became a student of BKS Iyengar in 1984. She continues studying with Mr. Iyengar and the Iyengar family at their Institute in Pune, India. Karin lived and taught in Rishikesh, India, where she established a yoga teacher training program. In 1996 she was granted Senior Intermediate III certification by BKS Iyengar. She continues to teach internationally and throughout the United States. Karin currently lives and teaches in Shreveport, LA.

The weekend workshop is open to all students who have studied Iyengar yoga for at least three months. Priority will be given to students who register for the entire workshop. Space permitting, students may attend individual classes.

## Karin O'Bannon Workshop Registration Form

- Check here to register for the entire weekend workshop, \$185 (\$175 if registration and payment received by September 6, 2012)

OR select individual classes

- Saturday 9:00 am - 12:00 pm \$60
- Saturday 3 - 5 pm \$40
- Sunday 9:00 am - 12:00 pm \$60
- Sunday 3 - 5 pm \$40

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Enclosed is my check for: \_\_\_\_\_  
(make out to StudiOm Yoga)

Please mail registration form and check to  
StudiOm Yoga, 665 Duling Avenue, Jackson, MS  
39216.

N A M A S T E



[www.StudiOmYogaofMS.com](http://www.StudiOmYogaofMS.com)