



4th + A  
Streets

welcomes

# Katerina Wen

Yoga, The Art of Strength  
and Transformation

## OCT. 13 - 15, 2006



6-8 pm - Friday, Oct. 13  
Rhythmic Vinyasa

You will be guided through various styles and forms of Vinyasa sequences incorporating the rhythm of the breath as the guiding force of the practice.

11 am - 2 pm - Saturday, Oct. 14  
Spirit of Bird

Many of the arm balances will be part of the practice. The workshop aims to cultivate power on both physically and spiritually.

3:30 - 5:30 - Sat, PM  
Mudra, Pranayama and Bandhas

We will consider the energetic /inner aspect of yoga as tools of transformation and learn about the science of pranayama, mudras and bandhas: what are they and the function of them. This workshop is ideal for people who are interested in the subtle aspects of yoga.

11 am - 2 pm - Sunday, Oct. 15  
Multi-dimensional Vinyasa

Join us for this vigorous, deeply rewarding experience. Sequences are designed artfully so as to stimulate fresh energy to circulate through every region of the body to build and restore your vitality and promote inner transformation and balance.

Katerina has learned and developed valuable techniques that have helped her to go beyond her past injuries and limitations. In this weekend intensive, she shares with you quality and profound tools to direct your practice to the next level. Katerina's work aims to unfold and refine your potential on many levels. Past workshop participants have found her workshops to be inspirational and transformative. She is the founder and director of Yogi Way, where she conducts workshops and teacher training programs. for more detailed bio: [www.yogiway.com](http://www.yogiway.com)

**Register early!** Indicate which dates: Some partial scholarships.

Entire Weekend  Fri pm  Sat Am  Sat PM  Sun Am

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

email: \_\_\_\_\_

Cost for entire workshop: early registration: \$120 if paid before Oct. 11, after that \$135. Two hour workshops \$30, three hour workshops \$40 if paid by Oct. 11 after that add \$5 per session.

questions and registration: [iris@iriyoga.com](mailto:iris@iriyoga.com) or 541-944-7260

Make check to Iris Lambert and mail to 596 Helman Street, Ashland, Oregon 97520

