



YOGA

April 26 & 27 2019

The Yoga Centre in Copley

2830 Copley Road

Corner of Copley and Jacoby Roads

Copley, Ohio 44321

Manouso Manos

World renowned Senior Iyengar Yoga instructor

MANOUSO 2019 WORKSHOP



Manouso Manos is one of the most capable and experienced of the Senior Iyengar Yoga Teachers. He began his studies with Sri B.K.S. Iyengar in 1976 and holds one of only two Advanced Senior certificates granted worldwide by B.K.S. Iyengar.

After numerous trips to Pune, India and over four decades of personal practice, his understanding of and insights into Iyengar yoga are conveyed with authenticity and precision. His sense of humor and sensitivity shine through as his dynamic and challenging teaching style moves his students beyond their perceived limits.

"I think you are all fortunate to have yoga teachers like Manouso, who expresses compassion and love and goes beyond his capacity to help those who need his help, for betterment of health and happiness.

Since I've known him, I knew that he would be a wonderful teacher who will be liked by one and all, as time grows, and he has proved that what I had in my mind has become a fact now. While he has served the brothers and sisters of America for very many years and the most important thing - that he considers all his students as his family members which is really a rare thing to see these days, particularly in the western countries - that unity."

-B.K.S. Iyengar to Manouso on his 50th birthday

 Name _____

 Address _____

 City/State/Zip/Country _____

 Email _____

 Phone _____

 Total enclosed: \$ _____
 List day(s) _____
 Class(es) _____

 Workshop Cost:
 Friday - \$60
 Saturday - \$100
 Total: \$160
 Mail Registration and Payment in Full to:
 The Yoga Centre
 2830 Copley Road
 Copley, OH 44321

Date:
 April 26 & 27 2019

Hours:
 FRIDAY: 6:00 – 8:00 pm
 SATURDAY: 9:00 am – 1:00 pm

Location:
 The Yoga Centre in Copley
 2830 Copley Road
 Corner of Copley & Jacoby Roads
 Copley, Ohio 44321

Please Bring:

- 1 sticky mat & strap
- 1-2 blocks
- 3 blankets
- 3 firm Yoga Blankets
- 1 bolster if available

 To locate nearby locations search Hilton Hotels, Hampton Inn, Holiday Inn, Fairfield Inn, Radisson Inn or Doubletree in Fairlawn and/or Montrose, OH.

For additional information, please contact:
 Argie Spithas-Miner 330.608.6882 / aryiro@hotmail.com

Also: www.copleyyoga@gmail.com

