



Iyengar Workshops with Sri Arun

Senior teacher from Bangalore, India

Hosted by: SAYC 11011 Shaenfield Road-San Antonio, Texas 78254

210-523-SAYC or 210-325-6318

www.sanantoniogyogacenter.com



Monday **June 10th** from 6–8 p.m.
and
Thursday **June 13th** from 9–11 a.m.

Space is limited and will fill quickly.

Reserve your spot!

Two hour session \$45
(\$40 if paid for by May 31st)

Registration contact–Randy Mass

randy@sanantoniogyoga.com

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For the past three and a half decades, Sri H.S.Arun has practiced and taught the art and science of Yoga. In 1978 he met Guruji Yogacharya Dr. B.K.S.Iyengar. Arunji became Guruji's disciple and has been one of the very few Indians to attend intensive classes held at the Iyengar Institute in Pune. Over the years, Arunji has developed his own way of sharing what he has learnt from his gurus and through his own extensive practice.

In the past 25 years, thousands of students have come to learn from him at his yoga centre in Bangalore, where he teaches along with his wife, Srimathaji. Since 2000, Arunji has been travelling extensively to many parts of the world and we are privileged to have him come to San Antonio Yoga Center. Arunji is certified at the Jr III Advanced level in the Iyengar Tradition. He is an engaging teacher and works with **all levels** of yoga practitioners.

For more information about H. S. Arun go to: www.yogashraya.org