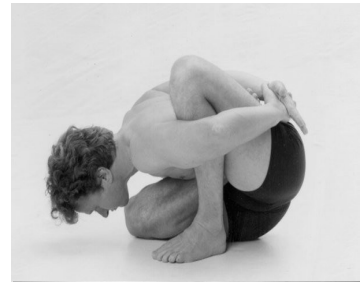


**Kona Yoga**  
presents  
**JOHN LEEBOLD**  
October 15, 16, 17  
Kona Yoga 77-6425 Kuakini Hwy., D202  
808.331.1310



**ANATOMY & ASANAS**

Friday, October 15  
9am – 12 noon  
2pm – 5pm

Saturday, October 16  
9am – 12noon  
2pm – 5pm

Sunday, October 17  
9am – 12noon  
2pm – 5pm

John Leebold began practicing Iyengar Yoga in 1973 and holds an Advanced Iyengar Teaching Certificate. He is one of the founding 13 Iyengar Yoga teachers in Australia, and has been a registered and practicing osteopath since 1983. In these interactive sessions, John will explain how our practice relates to human physiology. The practice of asanas (yoga postures) leads to health and vitality, and improves the function of the systems of the body and their organs. We will explore the structure and movement of the human body in various asanas. The position of the bones and actions of the muscles will be considered, using human models and audio visual aids. All levels of yoga experience are welcome.

-----**REGISTRATION FORM**-----

Individual Classes: \$45.00 (Check below)

Entire Workshop: \$225.00

Friday 9am-12noon \_\_\_ Friday 2pm-5pm \_\_\_ Saturday 9am-12noon \_\_\_ Saturday 2pm-5pm \_\_\_

Sunday 9am-12noon \_\_\_ Sunday 2pm-5pm \_\_\_

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

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

E-mail: \_\_\_\_\_

Total Enclosed: \_\_\_\_\_

**PLEASE NOTE: Reservations are on a "Paid First System". No refunds after workshop begins.**

**MAKE CHECKS PAYABLE TO: Kona Yoga**

M/C and Visa also accepted. E-mail [Barbara@konayoga.com](mailto:Barbara@konayoga.com) or Call 808-937-3768 to arrange charge payments.

KONA YOGA 77-6425 Kuakini Hwy., C-2, PMB#121 Kailua-Kona, HI 96740 Kona Yoga.com

