



GLBT
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Operated



YOGA

**Experience YOGA
Based on the Iyengar tradition!**



Iyengar Yoga is based on the teachings of BKS Iyengar, author of the well-known guide to yoga, *Light on Yoga*. The Iyengar yoga tradition uses various props, such as blankets, blocks, belts, and chairs to aid in the learning of asanas, or postures. The props also allow for the individual needs of students to be met in each asana, so that every student can receive the benefit of the asanas. Classes that follow the Iyengar tradition are sequenced in a fashion that allows the student to develop strength, flexibility, concentration, and correct body alignment. This class is an opportunity to experience yoga in the Iyengar tradition. We will focus on standing postures with the use of various props, which will allow us to focus deeply on the correct alignment of our asanas



Take a FREE Introduction Yoga Class, in the Iyengar Yoga Tradition



Katrina Pelekanakis

R.Y.T., has been a dedicated student of Iyengar Yoga since her first yoga class. Katrina began her studies with Holly Walck at Jai Yoga of Bethlehem, PA. She also has studied with Senior teacher Joan White of B.K.S Iyengar Yoga School of Central Philadelphia. She continues to spend considerable time studying with Senior teacher Patricia Walden at Yoga Mala of Cambridge, MA and Carrie Owerko at the Iyengar Yoga Institute in New York in various workshops and classes. Katrina became a Registered Yoga Teacher with the Yoga Alliance and became an IYNAUS member in 2007. That year she also had the great fortune to study with Geeta Iyengar in Las Vegas at the Iyengar Yoga Conference. Since then, Katrina has been teaching private yoga lessons, assisting and teaching yoga classes. In February 2010, she participated in the Iyengar Yoga Teacher Training Intensive Introductory I & II with Dean & Rebecca Lerner in Lemont, Pennsylvania. In September 2010, Katrina passed her Iyengar Yoga Assessment for Introductory I in Nashville, TN. Katrina is actively pursuing certification and will be teaching this class in the Iyengar tradition in which she has been trained.

www.katrinapyoga.com