



There is a profound serenity in Arun. You can see it when you meet him and you can feel it in his teaching.

Arun returns to Naples, FL October 3,4 & 5, 2023

Arun has been visiting Postures since 2011. We are so fortunate to again host Arunji. He was a very long time student of B.K.S. Iyengar and has a very close relationship with the Iyengar family, especially Prashant. He is funny. He is patient, and he teaches to all levels at the same time. He will definitely teach you techniques of practicing that you've not seen. Through his many years of practice and studying with the Iyengar family, Arun has developed the facility to make the difficult - easy and the impossible - possible.

In October, 2014 he launched his fantastic book,

Don't miss his 2nd 2023 visit!

Read all about him on his website:

<http://www.yogashraya.org/yogapraveena.html>

Experiment and Experience on the Chair, which has already sold 3000 copies and is in its second printing in paperback.

or here:

<https://www.facebook.com/prashantyoga>



Please circle the classes you want to attend.

Mail or drop this registration with tuition at the school. Or you can pay through Zelle: info@postures.com or Venmo.

Please return **this form** with **your check; Zelle or Venmo** before **September 3** to:

Postures
(aka The BKS Iyengar Yoga Center of SW FL, Inc.)
461 Carica Road, Naples, FL 34108

Tuesday, October 3 9-11am 5:00-7 PM

Wednesday, October 4 9-11am 5:00-7 PM

Thursday, October 5 9-11am 5:00-7 PM

In Person Classes are limited.

IN PERSON CLASSES: \$55 EACH IYASE members \$50 each

ZOOM ONLY: \$45

Cancellations will incur a \$50 administration fee.

Pay by September 3 before tuition goes up with no IYASE discount.

The evening classes will be a PRACTICE with Arun.

Please Print!

Name _____

Address _____

Email _____

Phone _____ Years of Yoga Practice _____