



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 July 30,31 August 1

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, Experiment and Experience on the Chair, which has already sold 3000 copies and is in its second printing in paperback. This October, Arunji will be launching his 2nd book: **Experience the pleasantness: The Yoga Way**

Don't miss his 2024 visit!

Read all about him on his website:

<http://www.yogashraya.org/yogapraveena.html>. 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 **July 1** to:

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

Tuesday, July 30 9-11am 5:00-7 PM

Wednesday, July 31 9-11am 5:00-7 PM

Thursday, August 1 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 July 1 before tuition goes up with no IYASE discount.

Please Print!

Name _____

Address _____

Email _____

Phone _____ **Years of Yoga Practice** _____