



# YOGA

March 25<sup>th</sup> – 27<sup>th</sup> 2016

The Yoga Centre in Copley

2830 Copley Road

Corner of Copley and Jacoby Roads

Copley, Ohio 44321

## Manouso Manos

World renowned Senior Iyengar Yoga instructor

Manouso Manos is one of the most capable and experienced of the Senior Iyengar Yoga Teachers. He began his studies with Sri B.K.S. Iyengar in 1976 and holds one of only two Advanced Senior certificates granted worldwide by B.K.S. Iyengar.

After numerous trips to Pune, India and over four decades of personal practice, his understanding of and insights into Iyengar yoga are conveyed with authenticity and precision. His sense of humor and sensitivity shine through as his dynamic and challenging teaching style moves his students beyond their perceived limits.

*"I think you are all fortunate to have yoga teachers like Manouso, who expresses compassion and love and goes beyond his capacity to help those who need his help, for betterment of health and happiness.*

*Since I've known him, I knew that he would be a wonderful teacher who will be liked by one and all, as time grows, and he has proved that what I had in my mind has become a fact now. While he has served the brothers and sisters of America for very many years and the most important thing - that he considers all his students as his family members which is really a rare thing to see these days, particularly in the western countries - that unity."*

*-B.K.S. Iyengar to Manouso on his 50th birthday*

## MANOUSO 2016 WORKSHOP



Name

Address

City/State/Zip/Country

Email

Phone

Total enclosed: \$

List day(s)

Class(es)

Workshop Cost:

Fri – Sun: \$170.00

Individual Class: \$50.00

Mail Registration and Payment in Full to:

The Yoga Centre  
2830 Copley Road  
Copley, OH 44321

**Date:**

March 25<sup>th</sup> – 27<sup>th</sup>, 2016

**Hours:**

Fri: 6:30 pm – 8:30 pm

Sat: 9:30 am – 11:30 am

12:30 pm – 2:30 pm

*BYO snack or purchase onsite  
between classes – limited time!*

Sun: 9:30 am – 12:30 pm

**Location:**

The Yoga Centre in Copley  
2830 Copley Road  
Corner of Copley & Jacoby Roads  
Copley, Ohio 44321

**Please Bring:**

- 1 sticky mat & strap
- 1-2 blocks
- 3 blankets

**Accommodations:**

To locate nearby locations search Hilton Hotels, Hampton Inn, Holiday Inn, Fairfield Inn, Radisson Inn or Doubletree in Fairlawn and/or Montrose, OH.

If you need additional information, please contact:

Argie Spithas-Miner 330.208.9236 | aryro@hotmail.com

