



YOGA IYENGAR 91



Sarvabhauma : Yoga for All **Cathy Rogers Evans** **18-19-20 November 2016**

Cathy Rogers Evans is coming to teach at YI91 for the first time. We are honored to host Cathy, who is known for her fidelity to the Iyengar method, for the tirelessness of her work to maintain its integrity, and for the joy, encouragement and precision of her teaching.

About Cathy

Cathy began yoga in 1976 and studied directly with BKS Iyengar for 38 years. In the above photo taken in 1991, Cathy—in black being scrutinized by the master—was on one of her first visits to RIMYI, visits she repeated on an almost annual basis up until BKS Iyengar's death in 2014.

Cathy has been a prominent member of the Iyengar community for many years. Senior Intermediate III Teacher since 2000, Assessor since 1986, Teacher Trainer from 1989, she has been singled out to teach at the US National Convention several times.

Now responsible for Teacher Training groups at the Introductory and Intermediate Junior and Senior levels in the US and Mexico as well as the UK, she also teaches in other European countries such as Latvia, Finland and Ireland.

Feeling keenly the privilege of having studied for so long directly under BKS Iyengar, Cathy says:

“My experience has imprinted me with a vast empathy for others and a sense of duty to those around me, be they my yoga students, family, or friends.”

About the Workshop: *Sarvabhauma*: Yoga for All

All are welcome to this workshop no matter what their level of practice.

Iyengar yoga can be practiced by anyone. The use of props; and the analytical approach Iyengar invented are aspects of the method which found its inclusiveness.

Yet another crucial aspect of the method's inclusiveness is embodied by the teacher's skill in seeing. BKS schooled his teachers: “See what is needed for each and every student”.

Cathy, a very experienced teacher and used to multi-tasking, is passionate about opening the practice to all. Beginners are welcome; teachers are urged to come to learn from Cathy how to direct care to everyone at the same time.

Workshop Schedule

Friday, November 18	Saturday, November 19	Sunday, November 20
	9h-12h	9h-12h
16h REGISTRATION	13h LUNCH	13h LUNCH
17h-20h	15h-18h	15h-18h

About YI91

Yoga Iyengar 91 opened its doors in October of 2014.

It was the culmination—but also the beginning—of the project of DIFFUSION SCIENCES YOGA IYENGAR (DSYI): to give access to Iyengar yoga to a maximum number of people and to promote research.

Our space and our principles determine the workshops we host. The dimensions of our room limit workshop participants to the intimate and convivial number of 25. We give priority to those workshops whose themes are therapeutic or pedagogical.

Our space

There is no need for workshop participants to bring their yoga material, as everything is provided by the space. Nor need one bring food, as a light vegetarian meal will be served at lunch on Saturday and Sunday.



Practical Information

Cathy will teach in English. No translation into French will be provided.

Our space is at 91, rue du Faubourg Saint-Martin in the 10th arrondissement of Paris. It is situated very near the Gare de l'Est and the municipal building called « le Château d'Eau ». The closest métro stations are : Gare de l'Est; Château d'Eau, and Jacques Bonsergent.

Open the coach door (code 2416) and walk until the end of the courtyard.

Fees

The total cost of the workshop is 250€. A registration fee of 125€ is paid to reserve your place. You may pay the remaining 125€ of the total cost during the registration period before the first practice session. The food served at lunch is included in the price.

Registration

Register as soon as possible to reserve your place:

- fill out the registration form (see below)
- make a check for 125€ payable to DSYI
- stamp and self-address an envelope

Put all this in another envelope and send to:

YOGA IYENGAR 91
91 rue du FAUBOURG SAINT-MARTIN
75010 PARIS

On receipt of your letter we will email you whether you have a place on the workshop. If no place remains, we will put you on a waiting list. If no place becomes available we will return your check in the self-addressed envelope you supplied.

In case of cancellation one month before the first day of the workshop we will refund the registration fee. After that date no refund can be made.

For further information about the workshop: dameliotoni@gmail.com

Registration Form Workshop Cathy Rogers-Evans

Surname_____Firstname_____

Email_____Mobile phone_____

Who is your yoga teacher ?_____

How long have you practiced yoga?_____Are you a teacher?_____

Are you pregnant?_____

Any health
issue?_____

Please indicate to whom we should make out a receipt if one is
needed_____