



Ventura Yoga Studio

A Fundraising ZOOM Weekend with Linda DiCarlo, CIYT

Transformation!

From Poses to Asanas



The Iyengar method of practicing yoga is well-known for precision in alignment and attention to detail. In some poses one can spend the entire duration attempting to accomplish the prescribed pose. While this is an admirable feat, is that our aim in yoga?



Join Linda in exploring the process of moving beyond poses. They are certainly part of what we do but there is so much more. When we have accomplished the pose or as much of the pose as we can do, what comes next?

Linda is a certified Intermediate Senior 1 level teacher, and is Yoga Alliance registered. She has a master's degree in Exercise Science and is certified by the American College of Sports Medicine as an Exercise Physiologist. She has served on a number of yoga association boards and served as president of the Iyengar National Association of the U.S. from 2006-2008.

Linda began practicing yoga in 1974 and teaching in 1976. Since 1986 she has been devoted to the Iyengar method, continues to study with and assist her senior teacher, Patricia Walden of Cambridge, and currently attends virtual classes held in Pune, India to study with the Iyengar family and teaching staff on a regular basis. She spent the month of February 2020 in Pune. Linda's teaching style is clear, concise, and compassionate. With attention to detail and individual feedback, she cultivates confidence in students. A balance between the physical asanas and yoga philosophy creates a deeper understanding in the classes.

Friday, December 4	3:30 - 5:30pm PST
Saturday, December 5	9:30am -12:00pm & 2:00 - 4:00pm PST
Sunday, December 6	9:30am -12:00pm PST

Full Weekend \$115 thru December 1st - \$125 thereafter

Friday or Saturday PM (2 hour) Single Session
\$30

Saturday or Sunday AM (2 1/2 hr) Single Session
\$35