

# **Yoga Workshop**

**Fr. Joe Periera, founder, Kripa Foundation,  
Bombay, India  
September 12-14, 2008**

*At the Inner Dance Yoga Studio, 2610 A Spenard Road, Entrance on W. 26<sup>th</sup> Ave. between Spenard and Minnesota.*

**All 10 hours for \$175 or one of the options below:**

***Option 1:*** For beginning yoga students with minimum 6 mo. class experience:

**Friday, September 12, 7:15 to 9:15 PM**

**Saturday, September 13, 10 AM to 12:30 PM**

**(Total 4.5 hours) FEE: \$85**

***Option 2:*** For intermediate yoga students and teachers

**Saturday, September 13, 2:30 to 5 PM**

**Sunday, September 14, 11 AM to 2 PM**

**(Total 5.5 Hours) FEE: \$100**

Fr. Joe Periera began his yoga studies with BKS Iyengar in 1968. He worked many years with Mother Theresa whom he calls the inspiration for founding Kripa. This organization has a network of over 30 centers in India that utilize yoga, meditation, the 12 steps and Counseling for treatment of addictions, and helping those living with HIV and AIDS.

Classes will include vigorous yoga asanas, therapeutic asanas, and restorative postures with Fr. Joe's unique presentation of East/ West philosophy.

**REGISTRATION:** Mail full payment (Checks to Lynne Minton) to PO Box 190121, Anchorage, AK 99519 to reserve a limited space.

**Questions?** Call Lynne Minton 248-1965 email [lynneminton@gmail.com](mailto:lynneminton@gmail.com)

*"Studying with FR. Joe is like breathing rarefied air" Yoga student, Seattle, WA*