



IYENGAR YOGA  
ASSOCIATION  
SOUTHEAST

FREE Member Benefit Workshop

***Getting Started with Pranayama***

***Live-Stream Class with Phyllis Rollins***

Saturday, May 9, 2020 pm 1 – 4:30pm EDT



This workshop is free for members of our regional Iyengar association as a special benefit during the current crisis. Go to <https://theyogacenter1.tulasoftware.com/student/account> and log in or create an account. Return to the calendar of classes to register for the class. On the day of class, come early and click “view broadcast.”

Iyengar Yoga Charlotte

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