



The Craft of Yoga

with

Swati Chanchani

In-Person & Online Workshops
July 15 -17, 2022

Lakewood and Denver, CO

Minimum one year of Iyengar
yoga experience required to attend.
Proof of vaccination required for in-person.

Swati Chanchani began studying with B.K.S. Iyengar in 1975 and assisted him in his classes for many years. She and her husband Rajiv are the directors of the Yoga Ganga Centre in the Himalayan foothills. They wrote *Yoga for Children* and helped bring yoga into India's education system.

Swati still studies with the Iyengars regularly and has taught internationally for many years. She is keenly interested in alternative systems of medicine, particularly Ayurveda, as well as the environment, Indian culture and traditional crafts.

Swati's teaching is insightful and dynamic, incorporating yogic philosophy and the breath, giving a true experience of the principles of Iyengar yoga. Each class will include asana and pranayama.



July 15 & 16, Lakewood, Blue Spruce Yoga

100 Carr St. (in church building, enter on 1st Ave.)
Leslie Bradley, 303-237-4776
www.bluespruceyoga.com

Friday, July 15:

5:00 - 7:30 pm, Asana and Pranayama, \$50

Saturday, July 16:

9:00 - 11:00 am, Asana and Pranayama, \$40
3:00 - 6:00 pm, Lecture, Asana & Pranayama, \$60

\$135 for all three Friday and Saturday sessions if paid by July 5, 2022. Mail check for Lakewood sessions payable to Leslie Bradley to 125 Estes St., Lakewood, CO 80226. Check website for e-payment and streaming information..

July 17, Denver, Living Yoga

1776 S. Jackson St., Suite #810, Denver, CO 80210
303-758-0780 · info@livingyogadenver.com
Register online: www.livingyogadenver.com

Sunday, July 17:

9:00 - 11:30 am, Asana and Pranayama, \$50

Payment for the Sunday session is to Living Yoga.