



## How they do it in India:

### An American's Spin on Yoga in India with Jim Coughlin, E-RYT-200

Sunday, November 7; 1:30-4:00pm

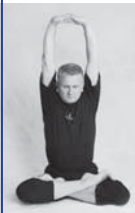
Fee: \$35

While Yoga is a fairly new phenomenon in the U.S., it has been practiced for generations upon generations in India. What we consider Yoga in the U.S. (i.e., a heavy focus on the asanas or physical poses), is a very small part of the integrated system of wholeness that traditional yoga offers.



Have you ever wondered how they practice yoga in India?

- Learn how to balance the opposing forces in your life
- Learn what true perfection in a pose means (Hint: It's not how the pose it looks!)
- Learn what the Yoga Sutra say about Asana – and apply it in your practice
- Learn how they "Do it in India!"



In 1967, at the age of 11 years old, Jim Coughlin was handed a first edition copy of BKS Iyengar's "Light on Yoga" and was told "You need to learn this!" He was taught Sirsasana (headstand) that same day. Jim practiced yoga sporadically in the 70's and 80's while competing as a long-distance runner and competitive skier.

In 1993 after major back surgery Jim started practicing yoga in earnest. In 2005 he travelled to India and met his current teacher - H.S. Arun, an Advanced Certified Iyengar Instructor and a devoted student of BKS Iyengar. Jim has travelled to India over 12 times to study yoga with Sri Arunji. Jim will be returning to India with a group of students in January of 2011.

Jim is an Experienced Register Yoga Teacher (E-RYT) with Yoga Alliance at the 200-hour level. He teaches at Downtown Yoga in Pleasanton, California and maintains a daily yoga practice.

The Yoga & Movement Center  
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#### REGISTRATION FORM

Please register \_\_\_\_\_ person(s) @ \$35 each for *How they do it in India*

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Check Enclosed \$ \_\_\_\_\_  Credit Card Visa or Mastercard

Card # \_\_\_\_\_ Exp Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Make checks payable to: The Yoga & Movement Center, 1379 Locust St., Walnut Creek, CA 94596  
Cancellation Policy: Minimum 7 days notice prior to workshop date, a refund less \$10 handling fee will be given. No refund for cancellations received less than 7 days prior to workshop.