



August 27–29, 2010 Friday–Sunday

# Spiritual Yoga in Physical Form

## Joan White

Explore the deeper spiritual aspects of the Iyengar Yoga system with one of its leading teachers.

Just as beginning yoga students work solely with the physical body, each session will use the physical aspect as its base. The asanas will then be brought to a higher level through sequential teaching that will guide you from action through perception and sensation toward reflection and meditation. Your reflection on the practice lays the groundwork for the relationship between the pose and the person, imparting the true depth of the Iyengar approach.

Utilizing references from scriptures such as the Yoga Sutras, the Bhagavad Gita, the Prasnopanisad, and the Kaivalya Upanishad and drawing on the practices of stillness (sthira) and silence (mauna), this program will investigate the body through its physical, organic, and pranic levels, leading to the “linga,” that place through which you see, infer, and understand your own nature.



**Joan White** began her yoga studies in 1968 and has been teaching since 1971. A student of B.K.S. Iyengar, she has made 25 trips to India, traveling there annually for the past 15 years. She founded her own studio in 1981, now the B.K.S. Iyengar Yoga School of Central Philadelphia, and was named Philadelphia Magazine's "Best Philadelphia Yoga Teacher" in 2001, 2003, and 2006. Known for her sense of humor and her depth in incorporating philosophy, detail, and delight into classes, she teaches widely throughout the United States and abroad. [www.joanwhite.us](http://www.joanwhite.us)



exploring the yoga of life.

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