

Workshops at Yoga Sutra



501 Fifth Avenue, 2nd Floor
New York, NY 10017
Tel: (212) 490-1443
info@yogasutranyc.com
www.yogasutranyc.com

Four Week Iyengar Yoga Beginner Series with Eve Holbrook

Sundays: March 21st, 28th, April 4th and April 11th 2:00 pm 3:15 pm

Eve Holbrook



Eve Holbrook has been practicing yoga for 18 years. Introduced to it in acting school, she was initially attracted to yoga for the relief it provided from her back pain and the insight it gave her about why that pain kept resurfacing. Eventually, yoga became an invaluable resource in dealing with the demands of life as a

performer, and she grew more devoted in her practice.

Eve began teaching yoga in 2002. Since then, she completed a two-year teacher-training program at the Iyengar Institute of New York, became certified by IYNAUS (Iyengar Yoga National Association of the United States) at the Junior Intermediate One level, and founded of The Nerve of Expression, a community project offering yoga to artists with multiple sclerosis. She teaches at Yogasana Center, Yoga Sutra, Yoga Union Center for Backcare and Scoliosis, Studio Spine, and privately. Since 2006, Eve has traveled twice to Pune, India to study with the Iyengar family, and plans to revisit again in 2010. In New York, Eve continues to study at the Iyengar Institute of New York, where her primary teachers are Mary Dunn, Lara Warren and James Murphy. She also studies Kevin Gardiner, and Brooke Myers.

Eve studied acting at Northwestern University, The British American Drama Academy, and The Old Globe Theatre, and has worked as an actor and producer on the Broadway stage, in the film and television industry, and in regional theatres throughout America.

She has a particular interest in the application for yoga for back pain, and strives to communicate the possibility of being effortful without aggression, of embodying the depth our ourselves without strain. In this way, as they progress in their practice, she hopes to convey to her students a sense of yoga as a means of developing the mind and bringing insight into the way we live our lives.

About the Program

Start an Iyengar yoga practice with a 4-week series that establishes the fundamentals of yoga postures and lays the foundation for progression to Level I Iyengar Classes.

This Introductory series is ideal for people who want to make a commitment to a new yoga practice and grow with a single teacher and a group of like-minded beginners.

We will explore how postures such as standing poses, forward bends, twists and introductory inversions can help you improve strength, stability, balance, flexibility, concentration, focus, and a peaceful mind.

Open to students of all yoga backgrounds and levels

\$75 for the entire series

\$20 for a single class

(space permitting on day of class, pre-registration not available for single classes)

Sign up by phone, email, online, or in person. Pre-registration recommended.