



CERTIFIED IYENGAR  
YOGA TEACHER

EVLALEAH



CLASSES / CLINICS / CONSULTS

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## Iyengar Yoga With Evlaleah

| General Classes & Spine Clinics                           |  | IY is rigorous, progressive, instructive, safe, adaptive to need & personally enriching.   |   |
|---|--|--|---|
| Day   | Class Type                             | Time   | Place   |
| Monday  | All Levels                             | 9:00 to 10:30 am   | YCOM 518 A Tamalpais Dr, Corte Madera, CA 94925     |
| Monday  | Restorative Spine Clinic / All Welcome | 7:00 to 9:00 pm  | YCOM 518 A Tamalpais Dr, Corte Madera, CA 94925     |
| Tuesday   | All Levels                             | 9:00 to 10:45 am   | KOC 167 Tunstead Ave. San Anselmo CA 94960          |
| Tuesday   | Spine Clinic                           | 11:00 am to 1:00 pm  | KOC 167 Tunstead Ave. San Anselmo CA 94960          |
| Wednesday   | Spine Clinic                           | 7:00 to 9:00 pm  | YCOM 518 A Tamalpais Dr, Corte Madera, CA 94925     |
| Thursday  | All Levels                             | 9:00 to 10:30 am   | KOC 167 Tunstead Ave. San Anselmo CA 94960          |
| Saturday  | All Levels                             | 9:00 to 10:30 am   | KOC 167 Tunstead Ave. San Anselmo CA 94960          |
| Saturday  | Spine Clinic                           | 11:00 to 1:00 pm   | VC 226 Sir Francis Drake Blvd San Anselmo, CA 94960 |
| Sunday  | All Levels                             | 10:00 to 11:30 am  | VC 226 Sir Francis Drake Blvd San Anselmo, CA 94960 |
| YOGA CENTER OF MARIN (YCOM); KNIGHTS OF COLUMBUS (KOC)    |  | VIBRANCE CHIROPRACTIC (VC) BRING BLOCK, BLANKET, MAT & BELT TO THIS LOCATION   |   |
| Private Consultation Hours                                |  | Yoga is a natural, humane medicine. Student win back health via personal effort & transformation.  |   |
| Day   | Yoga                                   | Location   |   |
| Monday, Friday  | 8:00 to 6:00 pm                        | Marinwood Therapy / Address Given When Scheduling  |   |
| Tuesday   | 1:30 - 5:30 pm                         | Marinwood Therapy / Address Given When Scheduling  |   |
| Saturday / Sunday   | 2:30 to 4:30 pm                        | YCOM   |   |
| Fees  |  | Therapeutics: Spine Clinics & Private Consults Fees  |   |
| Regular, Mixed Level Class Fees                           |  | Spine Clinics 1/\$65   6/\$325   10/\$460<br>Private Consults 1 / \$335/2 Hours   Bulk Rate 5+   |   |
| 1/\$24   5/\$105   10/\$200   20/\$370   Newcomers 4/\$65 |  | Pay by \$, check or credit card [via PayPal on the Fees/Register page at: <a href="http://yogamedica.com">yogamedica.com</a> ] before starting a General Class, Spine Clinic or Private Consult. Thanks. |   |

| B.K.S. Iyengar   | Evlaleah   |
|--|--|
| Named 1 of a 100 most influential heroes of the 20th C., his mastery of asana & pranayama, clarifications of method, literature, egalitarian ways, inventions, therapeutic applications, restorative yoga & teachers' education generated global interest & wisdom about human potential, fitness, cognition, longevity, health, natural healing & living & dying happily. | Training w/Guruji '72-2014; a founding member/Iyengar Yoga Institute/SF, founder of B.K.S. Iyengar Yoga School/SF/'87, Iyengar Yoga Marin & Yoga Medica/'04. On his behest, I brought <i>Yoga for Back Care</i> to America/1980 after he mended my severe spinal injury. Dispensing his pristine methods, SF Bay Area docs, patients, Workman's Comp & Insurance Groups named it ' <i>best spinal rehab.</i> ' |

Regular Classes: [iyengaryogamarin.com](http://iyengaryogamarin.com)

Therapeutics: [yogamedica.com](http://yogamedica.com)

