



March 19–21, 2010 Friday–Sunday

Discovering the Formless Through Form: An Iyengar Yoga Weekend

John Schumacher

Yoga is an experience of the timeless and formless. But how do we, living in a world that recognizes clocks and borders, touch the infinite that lies beyond? One way is to use form itself to slip outside the lines and discover a universe without boundaries. Ironically, the discipline of working within form can be a powerful way to channel energy and go past the limits we imagine for ourselves.

This Iyengar Yoga weekend will provide an excellent opportunity to practice the shapes and structures of a variety of postures and breaths. By working with precise alignment and subtle, detailed actions, we will find an inner world of energy and presence beyond shape and structure.

Since 1981, John Schumacher has practiced and taught Iyengar Yoga under the guidance of B. K. S. Iyengar. Teaching with clarity, compassion, and a contagious sense of humor, John has inspired students worldwide.



John Schumacher has practiced yoga for 40 years and taught in the Washington DC area since 1973. For more than 28 years, he has studied with yoga legend B. K. S. Iyengar, who awarded him one of the few advanced teaching certificates held in the United States. In 1979, John founded the Unity Woods Yoga Center, which has grown to be the largest Iyengar Yoga center in the nation. John's clear, precise style and his engaging sense of humor have made him one of the country's leading yoga teachers. *Yoga Journal* described him as one of "25 American originals who are shaping yoga." His classes can be downloaded at www.ihanuman.com. www.unitywoods.com

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exploring the yoga of life.