

Weekend Workshop with Greg Anton

Developing an Invigorating Creative Practice

October 11-13, 2024 • Yoga Co-op of Madison



Greg Anton in Natarajasana

Greg Anton, CIYT, has been practicing and teaching Iyengar Yoga for more than thirty years. He completed the two-year teacher-training program at the Iyengar Yoga Institute of San Francisco where he also studied extensively with Ramanand Patel, and has studied with B. K. S., Geeta, Prashant, and Abhijata Iyengar in India and in the U.S. He has been studying weekly with Patricia Walden for more than twenty years. Greg wholeheartedly transmits B.K.S. Iyengar's teachings in an extremely methodical and clear manner and has a gift for weaving the philosophy of Yoga through the fabric of the body. Greg lives in Provincetown, Massachusetts.

In this workshop you will explore ways to expand your awareness in order to transcend your fears, restrictions, and aversions—within reason—and take your practice from the known toward the unknown.

Suitable for all levels of practitioners.

Schedule

Friday 5-6:30pm

Saturday 9-11:30am and 3-5pm

Sunday 9-11:30am

Location

Yoga Co-op of Madison

812 E. Dayton Street

Madison, Wisconsin

Member/Non-Member Price

\$180/\$200

\$195/\$220 after August 31



Register at www.yogacoop.com/schedule/

