



## Peggy Kelley Workshop Feb 1st & 2nd

Yoga, Prana and the Nervous System:  
Sequencing for Emotional Balance

We welcome our beloved Peggy Kelley back to Crossroads Yoga. Peggy will be teaching one class on Friday and two classes on Saturday.

**Friday evening:** An introduction to the Nervous System (very rudimentary), restorative poses and pranayama

**Saturday morning:** Stimulating the nerves in a creative way—Standing poses and Backbends for bringing up low energy

**Saturday afternoon:** Using inverted poses for emotional balance—we will try variations of Downward Dog, Headstand, peacock pose (pinch mayurasana) and shoulder stand.

Peggy Kelley is a certified B.K.S. Iyengar yoga instructor since 1986. She began studying yoga in 1967 in Cambridge, Massachusetts.

Peggy appreciates and teaches the precise approach and therapeutic benefits of the Iyengar method. Her teaching is enhanced with the influence of other teachers with whom she has studied (Swami Sivananda Radha, Sri Pattabhi Jois, & others).

In 1990, Peggy and other yoga teachers incorporated Austin Yoga, a nonprofit organization dedicated to educating the public in the qualities of life that yoga embodies in its practice and philosophy.

[austinyoga.org](http://austinyoga.org)

Register by mail or online by Pay Pal @ [crossroadsyoga.com](http://crossroadsyoga.com)

Hope to see you there!  
Namaste, Paula & Gretchen

Peggy Kelley  
Yoga Weekend @ Crossroads Yoga  
*Registration Form*

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Zip code \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Early Bird Savings – Before Jan 18th \$120    After Jan 18<sup>th</sup> \$140**

Individual classes \$50 each if not registering for entire workshop

\_\_\_\_\_ **Entire workshop**  
\_\_\_\_\_ **Fri. Feb 1st 6:00 – 8:00pm All Levels**  
\_\_\_\_\_ **Sat. Feb 2nd 10:00 – 12:30 All Levels**  
\_\_\_\_\_ **Sat. Feb 3rd 2:30 – 4:30 All Levels**  
**NO REFUNDS AFTER Jan 28<sup>th</sup>**

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**Workshop Theme:**

Yoga, Prana and the Nervous System:  
Sequencing for Emotional Balance

**To get the full benefit of the workshop we recommend participating in the entire workshop.**  
Hope to see you there!

Space is limited, please register early.  
Once we receive payment your spot will be reserved.  
No refunds after Feb 14th for cancellations or unattended classes

Please send upper portion of this page w/ payment to:  
Crossroads Yoga  
5830 McArdle Rd # 3A  
Corpus Christi, Tx 78412  
or you may pay by using PayPal @ [crossroadsyoga.com](http://crossroadsyoga.com)

**~ Please make checks payable to Crossroads Yoga ~**

~ For any questions call Paula @ 549-2466 or e-mail  
[yogini67@gmail.com](mailto:yogini67@gmail.com) [crossroadsyoga.com](http://crossroadsyoga.com)