



120 N Topanga Canyon Blvd.
Topanga, CA 90290



Iyengar Yoga

with

Anna Pavlich Connelly

Mondays & Fridays 10:30-12:00pm

Level: 1 / 2

Iyengar Yoga, a method of Hatha Yoga, emphasizes the practice of classical postures through precision and alignment. Known for its innovative use of props and modifications this type of yoga enables all students to benefit from the asanas (postures) regardless of age, flexibility or physical limitations. This practice of yoga emphasizes the therapeutic benefits of yoga while uniting the awareness of the physical body, with the mind and spirit for health and well-being.

Anna has been studying Iyengar Yoga since 1989 and teaching since 1994. She completed the 3 year Teacher Training Program at the Iyengar Yoga Institute of Los Angeles and is certified at the Introductory Level. Anna has traveled to India to study with the Iyengars and continues to deepen her own studies and practice. She has studied with renowned teachers, such as Manouso Manos, Karin O' Bannon and Diane Gysbers. Anna combines her love for the precision of Iyengar Yoga with a sense of humor to create an uplifting and motivating atmosphere. She encourages her students to look deeper than just the physical level to develop a sense of self-confidence and contentment.