

**TONY BRIGGS** has been practicing and teaching yoga for nearly three decades. While his studies in both India and the U.S. include many years of Iyengar yoga, his teaching is also influenced by the practice of internal martial arts. By excluding the dogmatic methodology found in most modern yoga traditions, Tony enables students to more personally integrate the information in order to embody the practice. Tony is founder and director of Turtle Island Yoga in Marin County, where he offers ongoing public classes, workshops and retreats, and directs Turtle Island Yoga's 200-hour Teacher Training Program. He has also written for Yoga Journal. 415.488.1930 or [tonybriggs108@sbcglobal.net](mailto:tonybriggs108@sbcglobal.net).

**VAIRAGYA EIGER** began her study of yoga in 1970 at the age of 4 years. She eventually found her way to India in 1979 and spent almost 5 years living in an ashram and studying yoga. She finds a deep well of gratitude and connection to all things through this practice. Vairagya is currently studying in the Advanced Teacher Training program at the Iyengar Institute in SF. She also continues to study with Tony Briggs, who is her primary teacher. In addition to teaching yoga she has been a personal trainer in Pilates and the Gyrotonic systems for the past nine years, and brings this knowledge to her yoga practice and teaching. How we live in our bodies, our habits and holding patterns are a source of deep investigation and learning. She looks forward to sharing her love of the vast and amazing subject of yoga with new and experienced students alike. 707.280.4428 or [veiger@eigermethod.com](mailto:veiger@eigermethod.com).

**DARIO FREDRICK** has been studying yoga for twelve years. He has studied with the Iyengars in India, and with a variety of Iyengar-influenced teachers in the US. Dario's travels along the yogic path continue to bring new insights and discovery to his teaching, which he shares with his students in creative and balanced classes. With a Master's degree in Exercise Science, Dario integrates his knowledge of research in physiology with the many facets of yoga. He is an experienced athlete and coach who understands the particular needs of active people and those new to yoga, teaching with sensitivity to limitations and injuries. 415.257.8933 or [dario@wholeathlete.com](mailto:dario@wholeathlete.com).

**MICHELLE KLINK** has been studying Yoga for over 17 years. Her teaching is influenced by the Iyengar tradition along with her more recent studies of the heart-opening, inspirational teachings of Anusara Yoga. Michele's welcoming approach and attention to individual needs allow students to challenge themselves, let go of old habits and invite new possibilities. Her classes are a blend of simplicity and challenge with alignment focus, core strengthening, balance and inversions. Breath, meditation and spiritual insight are interwoven throughout the practice to cultivate a calm, focused mind and an inspired joyful heart. Michele also specializes in individualized Yoga Therapy for injuries or limitations. 415.717.5151 or [www.micheleyoga.com](http://www.micheleyoga.com).

**LIZ LEVY** The path of yoga and bodywork has always been intertwined for Liz, as she began to study both in 1989. Liz believes massage and yoga are parallel paths, born in one breath, the alchemy of yoga and bodywork deepening her understanding of both. Her knowledge of the body enhances her teaching, giving her a firm understanding of anatomy, physiology, and body mechanics. She has traveled to India to study with the Iyengars and brings to her teaching a deep appreciation for the wisdom of Yoga and a passion for sharing with others what has brought great fulfillment and meaning to her. 415.459.7087 or [liz@udiliz.com](mailto:liz@udiliz.com).

**AYLIN YASER** has been dedicated to the practice and study of yoga for nine years. In December 2006, she graduated from the two-year advanced studies/ teacher training program at the Iyengar Institute in SF. She has 14 years of experience in bodywork therapies, specializing in Neuro-Muscular Reprogramming- an approach to structural bodywork that can help to correct dysfunctional postural and movement patterns resulting from overuse and injury. Aylin looks forward to sharing her love of yoga and knowledge of the body with both new and continuing students of yoga. 415.902.2145 or [aylinyaser@comcast.net](mailto:aylinyaser@comcast.net).



# turtle island Y O G A

*Spring 2008  
Effective April 1*

**7A Mariposa Avenue  
San Anselmo  
CA 94960  
415.453.8642**

**[www.turtleislandyoga.com](http://www.turtleislandyoga.com)**

**TURTLE ISLAND YOGA  
CLASS SCHEDULE**

Spring 2008 (effective April 1)



**SUNDAYS**

9:00–10:30 am	Tony Briggs	Level 1–3	\$20 drop-in, 5/\$95, 10/\$180
10:30–noon	Tony Briggs	Levels 4 – 5	\$20 drop-in, 5/\$95, 10/\$180 Instructor's permission required

**MONDAYS**

9:00–10:30 am	Vairagya Eiger	All Levels	\$17 drop-in, 5/\$75, 10/\$140
10:30–noon	Liz Levy	Shadow Yoga (see website for class description)	\$17 drop-in, 5/\$75, 10/\$140

**TUESDAYS**

9:30–11:00 am	Tony Briggs	All Levels	\$20 drop-in, 5/\$95, 10/\$180
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**WEDNESDAYS**

9:30–11:00 am	Michele Klink	Levels 1 – 3	\$17 drop-in, 5/\$75, 10/\$140
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**THURSDAYS**

9:00–10:30 am	Tony Briggs	All Levels	\$20 drop-in, 5/\$95, 10/\$180
10:30–noon	Liz Levy	Gentle/Therapeutic Yoga	\$17 drop-in, 5/\$75, 10/\$140

**FRIDAYS**

10:30–noon	Michele Klink	Levels 1 – 3	\$17 drop-in, 5/\$75, 10/\$140
4:30–6:00 pm	Aylin Yaser	All Levels	\$17 drop-in, 5/\$75, 10/\$140
7:30–9:30 pm	Dances of Universal Peace; all welcome First Friday of the Month		by donation

**SATURDAYS**

9:00–10:30 am	Liz Levy	Levels 1 – 3	\$17 drop-in, 5/\$75, 10/\$140
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- LEVELS**
- 1 Beginning (no experience required)
  - 2 Continuing beginner (at least 3 months experience)
  - 3 Intermediate (working knowledge of poses)
  - 4-5 Advanced (only with permission of instructor)

**WORKSHOPS**

For more detailed information, and to register, please visit [www.turtleislandyoga.com/workshops](http://www.turtleislandyoga.com/workshops) or phone the studio at 415-453-8642.

**PHYSIOLOGY**

with *Dario Fredrick*

Friday, April 11

6–9pm \$55

**YOGA THERAPEUTICS**

with *Liz Levy & Tony Briggs*

Sundays, April 13 & May 18, 2–5pm

Saturday, April 26, noon–3pm

\$60 each/Series of 3/\$165

**CHANTING FOR TEACHERS:**

BRINGING THE POWER OF  
SOUND INTO YOUR CLASS

with *Ann Dyer*

Saturday, April 19, 2–5pm \$60

**YOGA SUTRAS/  
BHAGAVAD-GITA**

with *Ramanand Patel*

Saturday, May 3, noon–5pm

Sunday, May 4, 1–6pm

\$200/May 3 and 4 workshop

**YOGA PHYSIOLOGY**

SARIRAS, PRANAS,  
NADIES, CHAKRAS

with *Ramanand Patel*

Saturday, May 10, noon–5pm

Sunday, May 11, 1–6pm

\$200/May 10 & 11 workshop