

“Kquvien
infuses every class
with creativity and
wisdom, while
skillfully encouraging
you to discover new
depths...”



YOGA WEEKEND WITH *Kquvien DeWeese* AUGUST 11 - 13, 2017

Friday August 11

5:30 - 8:00pm: Welcome Practice

Saturday August 12

10:00am - 12:30pm: Foundations

2:30 - 5:00pm: Inversions & Pranayama

Sunday August 13

9:00 - 11:30am: All Levels Exploration

Cost: Each session: \$45. or Full Weekend: \$170.

Enroll for all sessions by 8/1: \$160



Hosted by Jann Boyer & Island Yoga
Enroll online at www.hhislandyoga.com
1012 William Hilton Pkwy, Hilton Head, SC
hhislandyoga@gmail.com | 843-816-5734

For more workshop info, contact Jann at 832-527-6588

Kquvien DeWeese brings great intensity and awareness into basic poses, and leads you to explore more complex poses with confidence. Her classes are disciplined, challenging, and creative - infused with lessons from the Yoga Sutras. Kquvien teaches in Atlanta and Decatur, Georgia, and is an Intermediate Junior III- Certified Iyengar Yoga teacher. She studies regularly with the Iyengars at the Iyengar Institute in Pune, India. Visit Kquvien's website at kquvienyoga.com.