



Special Workshop With Bob Metzler to support The Blaze Bernstein Memorial Fund

In Blaze's memory and to support The Blaze Bernstein Memorial Fund and the Blaze Bernstein Scholarship Fund, this workshop is being offered to all yoga students of every level.



On New Year's Day, Blaze Bernstein, the multi-talented son of two longtime Yoga Works students, went missing. Almost a week later, Blaze was found murdered. Blaze's parents, Gideon and Jeanne Pepper Bernstein chose to go past hatred and retribution and, instead, celebrate their son's life by starting the #blazeitforward movement in which people do random acts of kindness - large or small - to help those around them. Over the months since Blaze's loss, the movement has picked up steam and The Blaze

Bernstein Memorial Fund has taken birth to distribute charitable donations to many worthy charities that Blaze would have supported.

There will be something for everyone - beginner to advanced. Asana (posture), pranayama (breath control), bandha (locks), mudra (seals), dharana (concentration) and dhyana (meditation) will all be presented. Everyone should come, bringing family and friends. Yoga Works is graciously donating its studio and staff to support the Fund.

April 22, 2018

Yoga Works, Costa Mesa

1835 Newport Blvd Ste. A208
Costa Mesa, CA 92627

1:00 p.m. - 4:00 p.m.

Donation Only

Suggested Donation: \$40

Bob Metzler has been a senior yoga teacher at Yoga Works since 1999. He has studied and taught various styles of hatha yoga, but has drawn his greatest influence from the teachings of B.K.S. Iyengar. To that end, Bob has studied with the Iyengar family and with almost every senior certified Iyengar teacher in the world. Bob thinks of yoga as entirely an individual pursuit that should come from inside one's own mind and body. Also, it should be enjoyable to study.

