

Iyengar Yoga Source

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Summer 2009 Session

JULY 13 – SEPTEMBER 19 / 8–10 WEEKS

MONDAY* 9 wks	TUESDAY* 8 wks	WEDNESDAY 10 wks	THURSDAY* 9 wks	SATURDAY* 8 wks
4–5:30 PM Level 1 \$138	4–5 PM Teen 13–17 JULY 21/23/28/30 \$145	8–9:30 AM Level 1+ \$153	4–5 PM Teen 13–17 JULY 21/23/28/30 \$145	8:30–10 AM Level 1+/2 \$123
5:45–7:15 PM Level 2 Intro \$138		9:45–11 AM Intro APPRENTICE-TAUGHT \$130	5:30–7 PM Level 1 \$138	10:15–11:45 AM Level 1 \$123
7:30–9 PM Level 1 \$138	6:15–8:15 PM Level 3 \$144	6:30–7:45 PM Intro APPRENTICE-TAUGHT \$130	7:15–8:30 PM Restorative/ Pranayama** \$129	

*no class Mon. 9.07, Tue. 7.21/8.11, Thu. 8.13, Sat. 8.15/8.29 **1 year Iyengar practice required

INTRO TO YOGA

Suitable for those who are new to yoga or to the Iyengar system. Basic principles are introduced and a foundation for practice is established.

LEVEL 1

For students with some Iyengar yoga experience. Standing poses, basic twists, some seated poses and shoulderstand are taught in this series.

LEVEL 1+

For students who have attended Level 1 classes and are interested in a more challenging class. Poses from the Level 2 syllabus may be introduced.

LEVEL 2

For students who are strong in standing poses and shoulderstand and can hold downward-facing dog for at least 2 minutes. Forward extensions, back bends, and headstand are introduced as well as other complimentary poses.

LEVEL 3

For students who have completed Level 2 and feel confident in the poses taught at that level. Instructor's permission is required.

DROP-IN PRICES

Single class \$18 / \$16 if enrolled
Level 3 \$21

No drop-ins for Intro

DISCOUNTS

Seniors + students with ID 20%
Two or more courses 10%

Serve as Registrar and take a second class per week at no charge.

FALL 2009 SESSION

Begins Monday, September 28

FREE PREVIEW CLASSES

Saturday, September 19, noon;
Wednesday, September 23,
9:45 am and 6:30 pm

Please call to reserve a space



Linda DiCarlo is an Intermediate Junior 3 certified Iyengar instructor