

Iyengar Yoga Source

2170 Broad Street in Pawtuxet Village
Cranston Rhode Island 02905
401 461 6665 | info@lindadicarlo.com



Winter 2010 Session

JANUARY 4 – MARCH 27 / 11 OR 12 WEEKS

MONDAY

12 wks

4-5:30 PM

Level 1

\$184

5:45-7:15 PM
Level 2 Intro

\$184

7:30-9 PM

Level 1

\$184

TUESDAY

12 wks

4:15-5:30 PM

Intro

WITH MEGE
\$156

6:15-8:15 PM

Level 3

\$216

WEDNESDAY

12 wks

8-9:30 AM

Level 1+

\$184

9:45-11 AM

Intro

WITH KATHLEEN
\$156

THURSDAY*

12 wks

5:30-7 PM

Level 1

\$184

7:15-8:30 PM
**Restorative/
Pranayama****

\$173

SATURDAY*

11 wks

8:30-10 AM

Level 1+/2

\$169

10:15-11:45 AM

Level 1

\$169

noon-1:15 PM

Intro

WITH LINDA
\$160

*no class Saturday 3/13 **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.

SPRING 2010 SESSION

Begins Monday, April 5

FREE PREVIEW CLASSES

Tuesday, April 6, 4:15 pm
Wednesday, April 7, 9:45 am
Saturday, April 10, noon

Please call to reserve a space



Linda DiCarlo is an Intermediate Junior 3 certified Iyengar instructor