

QUARTERLY SCHEDULE

Our classes run on a 12-week, quarterly basis. We usually have a short break between quarters.

COURSE FEES

12 Week Session

~ \$144 for 12 Weeks of a 1.5 hr. classes
(\$115 student & military rate)
~ \$204 for 12 weeks of 2 hr. classes
(\$164 student & military rate)

Drop In Fees

- ~ \$15 for a 1.5 hr. drop in class
(\$12 student & military rate)
- ~ \$20 for a 2 hr. drop in class
(\$17 student & military rate)

* **Drop-ins not permitted in the Tuesday therapy class.**
Students must have an initial evaluation prior to joining the class. **Text Sara at 412-401-2162 to schedule** and to discuss if this is the right class for you.

Unlimited Classes

~ \$120 / month
(\$96 student and military rate)

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Private Sessions

1 session = \$99
Pkg of three sessions = \$264

~ Sessions with Christina:

Package discounts are offered seasonally.

To schedule appointments text:
 202-412-1021, 21222

Sara at 412-401-2162
Christina at 412-719-2332

TO REGISTER: At this time pay for all online classes using the DayPass on Namastream. Click “Online Learning” on IYIP’s Website MENU bar to go to the Namastream sign up/ logon page.

Log on 25-15 minutes early for classes so the teacher can help you if needed **before** the class start.

Pittsburgh's Most Comprehensive Training in Yoga

The **lyengar method** teaches proper alignment to improve structural and orthopedic issues and provides postures and breathing to improve athletic performance. It works to optimize the health of your organs and nervous system.

You are welcome here regardless of your fitness level, age or abilities. We will help you to find the right teacher and the right class for you. Just ask.

We are **equipped** with all the **yoga props** you'll need to safely experience the full range of yoga practices.

Parking is readily available. Either use the pay stations on Murray and Forward, OR, there is free parking beside our building on Morrowfield and on Alderson behind.



VISIT OUR WEBSITE FOR INFORMATION ON:

Private Instruction
Special Workshops
Teacher Mentoring
Apprenticeship Program

Spring Quarter WORKSHOPS

DEEP STUDY

WITH SARA & CHRISTINA

2-4 PM
TBD Online Soon!

For those interested in more focused studies or

For those interested in more focused studies or
sanskrit vocabulary, anatomy and the yoga
sutras, and for those who are on the assessment
path. Curious? Text Sara at 412-401-2162 for
more details.

STAYING HEALTHY: DEALING WITH VIRUSES!

WITH SARA AZARIUS

2-4 PM
TBD Online Session

TBD Online Soon!
This three part workshop will address

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A: The Spiritual lessons of viruses and energetic
practices to stay balanced and build immunity.

B: Dietary tactics to starve out a virus and supplements to correct deficiencies and to support your vital organs.

C: Yoga postures to build physical reserves and to align you with your grounded True Nature.

Iyengar Yoga
Institute of
Pittsburgh
2721 Murray Avenue
Pittsburgh, PA 15217
412-401-2162
iyengaryogapittsburgh.org

April 1 - June 23, 2020

spring quarter



**PITTSBURGH'S
ONLY IYENGAR
YOGA STUDIO**

Special Discounts

We strive to make yoga accessible to everyone. **Wednesdays at 6:00pm we offer a class by donation.** All are welcome. Pay what you can at class time.

We currently offer a 20% **student and military discount.** Show ID with payment.



spring quarter

April, 1 - June 23, 2020



monday	tuesday	wednesday	thursday	friday	saturday	sunday
					8:30 - 10:00 a.m. Level 1-2 Maureen	
9:30 - 11:00 a.m. Supported Asana Christina				9:30 - 11:00 a.m. Level 1-2 Margie		
	10:30 - Noon Yoga for 50+ Diane	10:30 a.m. - Noon Spring into Yoga Christina	11:00 a.m. - 12:30 Level 1 / Restorative Diane			10:30 a.m. - Noon Level 1 Christina
					Noon - 1:30 p.m. Level 1 Sara	Noon - 1:30 p.m. Level 1-2 Christina
					1:30 - 3:00 p.m. Restorative & Pranayama Sara	
5:30 - 7:00 p.m. Level 1 Christina	5:30 - 7:00 p.m. Hips & Shoulders Sara	6:00 - 7:30 p.m. Supported Asana Christina	6:00 - 7:30 p.m. Level 2-3 Christina			
7:00 - 8:30 p.m. Level 2 Christina						

CLASS DESCRIPTIONS

Unless noted with a prerequisite, all classes are appropriate for beginners. If uncertain about class placement, simply come to a class! After working with you in the class and discussing your goals, the teacher can best advise you regarding class placement.

LEVEL CLASSES

These "level" classes progress according to syllabi which all of our teachers follow. It is suggested that you attend the full quarter in sequence to benefit fully, however this is only a requirement in your first series of level 1. Each level introduces a new group of postures that is not necessarily more difficult but does build upon the skills taught at the lower level. Higher levels are more detailed or more subtle and require more attention to detail.

Level 1: Introductory class for students new to yoga or new to the Iyengar method. Introduces standing postures, standing forward bends, twists, and shoulder balance.

Level 1 / Restorative: In addition to one hour of level one standing pose work this class will introduce breathing/pranayama and supported, restorative postures designed for deep rest and healing. For students of all levels, including beginners.

Level 1-2: This class is a mixed-level class for continuing Level 1 students. It is not necessary to attend level 1-2 classes before moving to level 2. *Prerequisite: Full quarter (12 weeks) Level 1.*

Level 2: This class introduces more complex standing postures, headstand, backbends and inversions. *Prerequisite: 6-9 months Level 1 or equivalent Iyengar method experience.*

Level 2-3: This class introduces more complex inversion variations, arm balances, padmasana and deeper backbending. *Prerequisite: 6-9 months of Level 2 or equivalent Iyengar method experience.*

CLASS DESCRIPTIONS (Continued)

Align the Spine: Supported and active postures to correct spinal misalignment and to integrate movements of the spine with the arms and legs.

Hips & Shoulders: This class will focus on innovative use of the wall ropes or other props to open and to stabilize the hips and shoulders.

Restorative & Pranayama: The first hour will teach you to work with in supported, recuperative and active postures to prepare the body for deeper breathing. The final half hour will begin with lying down pranayama/breathing exercises building to seated pranayama practice.

Spring into Yoga: Exploring the transition of darkness into light, each 1.5 hour class will be divided in half. The first half will include heating, energizing chest-opening postures to melt the stagnation of winter. The second half will balance the nervous system with deep rest and pranayama (breathing).

Supported Asana: Use props including blocks, chairs, blankets, belts (and your home furniture!) to support your unique body and to gain maximum benefits from the poses. Props allow deeper and longer holds of poses to correct misalignments, to build strength and to develop the breath. Excellent for beginners, those fearful of starting yoga and those with stiffness in the body.

Yoga for 50+: This class is appropriate for beginning and continuing students who may need additional time and support to move into and out of postures. It is geared to those with less flexibility. Students under 50 are welcome.

Yoga Therapy: The yoga therapy class my become anonline chat/support group for a few weeks. *Contact Sara at 412-401-2162 to discuss ideas/options.*