



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.

**Yoga On Centre
is now the non-profit
Iyengar Yoga Institute
of Pittsburgh!**



spring quarter

monday	tuesday	wednesday	thursday	friday	saturday	sunday
	7:00 - 8:30 a.m. Pranayama & Chest Openers Paul		7:00 - 8:30 a.m. Supported Backbends & Inversions Paul		8:30 - 10:00 a.m. Practice Challenge Level 1 Maureen	
9:30 - 11:00 a.m. Supported Asana Christina	9:00 - 10:30 a.m. Level 1-2  Nadzeya			9:30 - 11:00 a.m. Level 1-2 Margie	10:00 - 11:30 a.m. Supported Asana Kit	
11:00 a.m. - Noon Open Practice 	10:30 - Noon Yoga for 50+ Diane	10:30 a.m. - Noon Happy Joints Christina	10:30 a.m. - Noon 50+ Level 1 Diane	11:00 - Noon Open Practice 		10:30 a.m. - Noon Level 1 Christina
12:30 - 1:30 a.m. Pranayama and iRest Yoga Nidra Michelle Minyon	Noon - 1:30 p.m. Level 2 Sara	LUNCH HOUR Noon - 1:00 p.m. Supported Backbends & Inversions Margie	Noon - 1:30 p.m. Supported Asana/ Restorative Diane	Noon - 1:30 p.m. Moving Toward Balance Nadzeya 	Noon - 1:30 p.m. Level 1 Paul	Noon - 1:30 p.m. Level 1-2  Christina
	1:30 - 3:00 p.m. Yoga Therapy Sara				1:30 - 3:00 p.m. Restorative Paul	Sunday Workshops See workshop listings online
5:30 - 7:00 p.m. Level 1 Christina	5:30 - 7:00 p.m. Hips & Low Back Sara	6:00 - 7:30 p.m. Align the Spine  Christina	6:00 - 7:45 p.m. Level 2-3 Christina	 Summer Break: No classes June 25 - July 7		
7:00 - 8:30 p.m. Level 1-2 Christina						

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.

Happy Joints: This class is designed for those suffering from arthritis, bursitis, inflammation, pain and limited range of motion in the joints. Also appropriate for those who just want to maintain or improve joint health and mobility. All levels welcome.

Hips & Low Back: This class will teach a series of postures aiming at full mobility and essential stability of the hip joints. Excellent for those with back and spine issues.

Moving toward Balance: Learn a series of poses aimed at the elements of balance: connection, vulnerability, receptivity and being present. Good for all levels of students who embrace being challenged.

Practice Challenge Levels 1 or 1-2: Ready to integrate what you've learned in your Level 1 or level 1-2 course into your personal practice? This rigorous group practice will run the entire Intro Level 1 or 1-2 syllabus with timed holds of each posture. The instructor will lead the practice supplemented by video projections created especially for this course. The sequence will move quickly compared to most Level classes. Sanskrit vocabulary, yoga anatomy and detailed instruction on one pose will be covered each week. Excellent for those interested in teaching, certification, or simply a more athletic and active practice. *Prerequisite: Full quarter Level 1 or 1-2.*

Pranayama: Rest and breathe in supported postures to alleviate fatigue, reduce stress and tension, fortify the immune system, recover from illness and connect the body, mind and spirit. Wear warm, comfortable clothing.

Pranayama & Chest Openers: For therapy students and students of all levels, including beginners. Rest and breathe in supported and restorative postures to alleviate fatigue, reduce stress and tension, fortify the immune system, recover from illness and connect the body, mind and spirit. Wear warm, comfortable clothing.

Pranayama and iRest Yoga Nidra: An in depth study and practice of breathing techniques for physical and mental health. This class will also have a half hour of the research based meditative practice of iRest Yoga Nidra; using the support of blankets and bolsters in a supine position for deep rest and repair.

Restorative: For therapy students and students of all levels, including beginners. This class will introduce breathing/pranayama and supported, restorative postures designed for deep rest and healing.

Supported Asana: These classes use props (blocks, chairs, blankets, belts) to support every unique body to gain maximum benefits from the poses. Props allow deeper and longer holds of poses to correct misalignments, build strength and develop the breath. Excellent for beginners, those fearful of beginning, and those with stiffness in the body.

Supported Asana/Restorative: In addition to Supported Asana (description above), This class will introduce breathing/pranayama and supported, restorative postures designed for deep rest and healing. For therapy students and students of all levels, including beginners.

Supported Backbends & Inversions: Re-energize with supported inversions and backbends. Prerequisite: All levels welcome.

Yoga Therapy: These classes are for beginners or continuing students recovering from injury or illness. Each student practices an individualized sequence designed according to the student's specific needs. *Contact Sara at 412-401-2162 if interested in joining this class.*

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.

Open Practice (NO CHARGE): At this time the studio is open to all currently registered students for individual yoga practice. Some of the teachers practice at this time. You may find it beneficial to practice with a group. Quiet is observed.

LEVELS 1 THROUGH 3: 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. Each level introduces a new group of postures that is not necessarily more difficult. Higher levels are more detailed or more subtle and build upon the previous level's

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.

50+ Level 1: 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.

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 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: *Prerequisite:* Students at this level must be practicing Sirsasana and Sarvangasana at home, and attempting to push up in Urdhva Dhanurasana. Students at this level should also have a basic understanding of how to self-correct and modify for any minor injuries they have. Permission from Christina is required to attend. No beginners please.