

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.



winter quarter

January 2 - March 25, 2019



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		
11:00 a.m. - 1p.m. Open Practice	10:30 - Noon Yoga for 50+ Diane	10:30 a.m. - Noon Happy Joints & Twists Christina	11:00 a.m. - 12:30 Level 1 / Restorative Diane	11:00 - Noon Open Practice		10:30 a.m. - Noon Level 1 Christina
	Noon - 1:30 p.m. Open Practice				Noon - 1:30 p.m. Level 1 Margie	Noon - 1:30 p.m. Level 1-2 Christina
	1:30 - 3:00 p.m. Yoga Therapy Sara & Jessica				1:30 - 3:00 p.m. Rope Wall Restorative w/ Pranayama Margie	Sunday Workshops See workshop listings online
5:30 - 7:00 p.m. Level 1 Christina	5:30 - 7:00 p.m. Rope Wall Hips & Shoulders Margie	6:00 - 7:30 p.m. Align the Spine Christina	6:00 - 7:30 p.m. Level 2-3 Christina			
7:00 - 8:30 p.m. Level 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 & Twists: The first six weeks of the quarter will focus on a variety of postures to open, to align and to stabilize the body's major joints. The second six weeks will work on the joints of the spine with a variety of twisting postures.

Pranayama: Rest and breathe in supported and seated postures to alleviate fatigue, reduce tension, fortify the immune system, recover from illness and connect the body, mind and spirit. Wear warm, comfortable clothing with no tight elastic bands.

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

Rope Wall Restorative w/ Pranayama: The first hour will teach you to work with the rope wall 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.

Supported Asana: Use props (blocks, chairs, blankets, belts) to support your unique body 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 beginning, 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: 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 before joining this class. Text for a quicker response.*

Open Practice: The studio is open to all currently registered students for individual yoga practice. Some of the teachers practice at this time. Quiet is observed.

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.*