



June-
July
2020



IYIP
FUNDRAISER!

Support IYIP as we support your yoga practice!
Take one or take all of our special offerings!
Attend live-streamed classes online,
OR purchase now and attend later, anytime you
choose, on Namastream!

Purchase on your Namastream page!
two are free, see below

1.5hr = \$25

2hr = \$30

Wednesday, June 24 10:30 - Noon

ALIGN THE SPINE, UPPER BODY PART 1
WITH CHRISTINA SIBLE

In this deeply restorative workshop you will learn how to relax and release the neck and back muscles, align the cervical and upper thoracic vertebrae, open the chest and gently release the shoulders from front to back. Required props: blankets or bath towels, 1-2 blocks (wood or cork preferred) and a strap.

Thursday, June 25 11 AM - 1 PM

SHOULDER BALANCE PRIMER
WITH SARA AZARIUS

How to achieve the benefits of shoulder balance at varying levels of ability! For the gun-shy who need alternative postures and/or for those who want to understand more deeply the benefits, variations, prep work and alternative postures.

Friday, June 26 9:30 - 11 AM

YOGA NIDRA: START YOUR DAY RIGHT!
WITH MICHELLE LYNCH

Start your morning with gentle chest openers, pranayama breath-work and rejuvenating Yoga Nidra to soothe your nerves and bring a calm energy into your day.

Saturday, June 27 Noon - 2 PM

HEAD BALANCE PRIMER
WITH SARA AZARIUS

How to achieve the benefits of headstands at varying levels of ability! For the gun-shy who need alternative postures and/or for those who want to understand more deeply the benefits, variations, prep work and alternative postures.

Sunday, June 28 \$ Free Noon - 1:30 PM

**APPRENTICE TEACHER:
BEGINNERS CLASS**
WITH KARA PARSONS

Please help IYIP to train our up and coming teachers by attending this "mock assessment" style class. Kara will be teaching her first-ever class! All poses will be demonstrated first, then Kara will talk students through the execution of the poses with beginning level instructions. She poses the questions, "How does Tadasana compare to other yoga postures; and why is this one of the first poses we learn?"

Monday, June 29 9:30-11 AM

ALIGN THE SPINE, UPPER BODY PART 2
WITH CHRISTINA SIBLE

Part 2 will build on the concepts presented in part 1. Learn to actively set the arm bones back into the shoulder sockets and build arm strength to support the shoulder girdle. Required props: blankets or bath towels, 1-2 blocks (wood or cork preferred) and a strap.

Tuesday, June 30 5:15 - 7:15 PM

ANKLES, ARCHES & TOES!

WITH SARA AZARIUS

Back by popular demand! Join Sara as she guides you through toe stretches, arch exercises, dexterity games and the delightful details of ankle alignment. Love Your Feet! Master Your Foundation!

Wednesday, July 1 10:30 - Noon

ALIGN THE SPINE, UPPER BODY PART 3
WITH CHRISTINA SIBLE

Here we will complete the Upper Body series with the actions of the body's "sidelines". Learn to open and extend the sides of the waist and side ribs, and the armpits and triceps as we take our arms overhead. Required props: blankets or bath towels, 1-2 blocks (wood or cork preferred) and a strap.

Thursday, July 2 11AM - 12:30

YOGA FOR STRONG BONES

WITH MARGIE MINKLER

Margie shares a practice designed to increase bone density, strengthen bone structure and improve balance, all important defenses against fractures as we age. Class includes and expands upon the research based "12 Minute Daily Regime to Reverse Osteoporotic Bone Loss" by Lu, Rosner, Chang and Fishman.

Friday, July 3 10 AM - Noon

PREVENT & HEAL HAMSTRING INJURIES!

WITH ANNETTE KING

Annette shares B.K.S. Iyengar's sequences for prevention and healing of nagging & recurring hamstring pulls.

Saturday, July 4 \$ Free Noon - 12:30

THE YOGIC MEANING OF INDEPENDENCE!

WITH SARA AZARIUS

30 minute guided meditation on Moksha. This meditation is free (pardon the pun.) Do I want freedom or sovereignty?

Sunday, July 5 Noon - 2 PM

YOGIC EATING FOR HEALTH

WITH SARA AZARIUS

Changing eating habits is a difficult endeavor for most people. In this workshop Sara will present eating tactics to raise your frequency and to align with nature's powerful intelligence. We'll focus more joyfully on what to add to your diet rather than what to remove.