

Online Classes Registration:

Pay for all online classes on Namastream. We are not using MindBody at this time. Click "Online Learning" on IYIP's website homepage to go to the Namastream sign up/logon page.

If new, logon 15 minutes early, **before** the class starts, so the teacher can help if needed. Text Sara at 412-401-2162 if problems.

QUARTERLY SCHEDULE

Our classes run on a 12-week, quarterly basis. We usually have a short break between quarters during which time we now run online workshops!

COURSE FEES

Drop In Fee

\$20 for a day pass

We offer 25%, 50%, 75% and 100% discounts during this crazy covid time. Text Sara for the coupon codes at 412-401-2162.

Don't be shy; we are all in this together!

Unlimited Classes

\$160 / month

Private Sessions:

Sessions with Sara:

1 session = \$99

Pkg of three sessions = \$264

Sessions with Christina:

1 session = \$75

Package discounts are offered seasonally.

To schedule appointments text:

Sara 412-401-2162

Christina at 412-719-2332

2020 Online Workshops for Purchase

Buy Workshops Now on our Namastream sight.
View later at your convenience

**ALIGN THE SPINE,
UPPER BODY PART 1**
WITH CHRISTINA SIBLE

ANKLES, ARCHES & TOES!
WITH SARA AZARIUS

SHOULDER BALANCE PRIMER
WITH SARA AZARIUS

**ALIGN THE SPINE,
UPPER BODY PART 3**
WITH CHRISTINA SIBLE

**YOGA NIDRA:
START YOUR DAY RIGHT!**
WITH MICHELLE LYNCH

YOGA FOR STRONG BONES
WITH MARGIE MINKLER

HEAD BALANCE PRIMER
WITH SARA AZARIUS

**PREVENT & HEAL HAMSTRING
INJURIES!**
WITH ANNETTE KING

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

**THE YOGIC MEANING OF
INDEPENDENCE! (FREE!)**
WITH SARA AZARIUS

**ALIGN THE SPINE,
UPPER BODY PART 2**
WITH CHRISTINA SIBLE

YOGIC EATING FOR HEALTH
WITH SARA AZARIUS

Go to our Website Home Page for workshop descriptions and purchase information: iyengaryogapittsburgh.org

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

Stay Safe,
Stay Centered:
Join Us Online,
from Anywhere!

October 1 - December 23, 2020

autumn quarter



PITTSBURGH'S
ONLY IYENGAR
YOGA STUDIO

Special Discounts

We offer 25%, 50%, 75% and 100% discounts during this crazy covid time. Text Sara for the coupon codes at 412-401-2162. Don't be shy; we are all in this together! And we would love to help!



Pittsburgh's Most Comprehensive Training in Yoga

 autumn quarter
October 1 - December 23, 2020

monday	tuesday	wednesday	thursday	friday	saturday	sunday
					8:30 - 10:00 a.m. Guided Practice Maureen	
10:00 - 11:30 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 Short Course Christina	11:00 a.m. - 12:30 Level 1 / Restorative Diane			10:30 a.m. - 11:45 Level 1 Christina <i>Pre-recorded</i>
					Noon - 1:30 p.m. Active Asana Sara <i>New</i>	Noon - 1:30 p.m. Weekly Workshop Christina <i>Pre-recorded</i>
					1:30 - 3:00 p.m. Restorative & Pranayama Sara	
5:30 - 6:45 p.m. Level 1 Christina <i>New</i>	5:30 - 7:00 p.m. Ankles, Knees & Hips Sara <i>New</i>		6:00 - 7:30 p.m. Level 2-3 Christina			
7:00 - 8:30 p.m. Weekly Workshop Christina						

CLASS DESCRIPTIONS (Continued)

Active Asana: This class covers all categories of asana and will introduce head balance variations, shoulder balance variations, intermediate backbends, padmasana and refinements to standing postures. Also included: abdominal contracting postures, arm balances and more complex twists. *Prerequisite: 6-9 months Level 1 or equivalent Iyengar method experience.*

Ankles, Knees & Hips: This class will use the knees as a construct around which to learn and practice proper foot and ankle alignment, build healthy knee alignment and encourage ideal hip alignment. Sara will cover mobility and stability of each of these co-functioning joints.

Guided Practice Get up and get moving! Join Maureen for this Saturday morning practice to set your weekend on the right track. Each week Maureen will guide you through a different series of poses woven around a central theme. Appropriate for all ability levels (although some previous experience with Iyengar yoga is ideal.) Special requests can be made at class time for upcoming weeks' content.

Restorative & Pranayama: This class begins with a guided savasana (corpse pose) to prepare the nervous system for pranayama (breathing) practice. Then restorative/recuperative postures targeting specific areas of the body will be practiced. The final 45 minutes of the class is dedicated to lying and seated pranayama practices.

Short Course: Join Christina for three, 4-week segments. The first 4 weeks are on legs and hips. The second four weeks are on the mid section. The final four weeks will cover the neck & shoulders.

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.

Weekly Workshop: Revolving content. Check page one of our website for the workshop topics listing.

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.*