

## 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

## Spring 2021 Workshops w/Christina Sible

Attend Christina's "Weekly Workshop" either LIVE at noon on Sunday's OR watch the recorded class later at your convenience.

JANUARY 3 NOON-1:30PM  
BACKBENDS & TWISTS:PART 3

FEBRUARY 14 NOON-1:30PM  
OPEN YOUR HEART: PART 1

JANUARY 10 NOON-1:30PM  
YOGA FOR WINTER

FEBRUARY 21 NOON-1:30PM  
HIPS & LOW BACK: PART 1

JANUARY 17 NOON-1:30PM  
ARM BALANCING &  
ABDOMINAL CONTRACTING  
POSES: PART 1

FEBRUARY 28 NOON-1:30PM  
HIPS & LOW BACK: PART 2

MARCH 7 NOON-1:30PM  
CALVES & HAMMIES: PART 1

JANUARY 24 NOON-1:30PM  
ARM BALANCING &  
ABDOMINAL CONTRACTING  
POSES: PART 2

MARCH 14 NOON-1:30PM  
CALVES & HAMMIES: PART 2

FEBRUARY 7 NOON-1:30PM  
OPEN YOUR HEART: PART 1

MARCH 21 NOON-1:30PM  
TRANSITIONING TO SPRING

Go to our Website Homepage for workshop descriptions.

No need to pre-register.

[iyengaryogapittsburgh.org](http://iyengaryogapittsburgh.org)

Iyengar Yoga  
Institute of  
Pittsburgh  
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[iyengaryogapittsburgh.org](http://iyengaryogapittsburgh.org)

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

January 2 - March 26, 2021

winter 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



# winter quarter

January 2 - March 26, 2021

monday	tuesday	wednesday	thursday	friday	saturday	sunday
					9:00 - 10:00 a.m. <b>Guided Practice</b> Maureen	
10:00 - 11:30 a.m. <b>Supported Asana</b> Christina				9:30 - 11:00 a.m. <b>Level 1-2</b> Margie		
	10:30 - Noon <b>Yoga for 50+</b> Diane	10:30 a.m. - Noon <b>Yoga for Winter</b> Christina <span style="color: blue;">★</span>	11:00 a.m. - 12:30 <b>Level 1 / Restorative</b> Diane			10:30 a.m. - 11:45 <b>Level 1</b> Christina
					Noon - 1:30 p.m. <b>Active Asana</b> Sara	Noon - 1:30 p.m. <b>Weekly Workshop</b> Christina
					1:30 - 3:00 p.m. <b>Deep Rest &amp; Pranayama</b> Sara	
	5:30 - 7:00 p.m. <b>Hip Openers</b> Sara <span style="color: blue;">★</span>	5:00 - 6:00 p.m. <b>Pranayama</b> Margie <span style="color: blue;">★</span>	5:45 - 7:15 p.m. <b>Level 2-3</b> 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.*

**Deep Rest & 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.

**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.

**Hip Openers:** This six-week course will include long holds in hip opening postures. Opening your hips can help with knee and back problems and help to get you grounded.

**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 Winter:** A little anti-stagnation activity followed by an exploration of the deep rest of winter. Each 1.5 hour class is divided into thirds. The first third includes heating, energizing postures to melt the ice of winter. The second third balances the nervous system with deeply restorative postures. The final third is pranayama (breathing) practice.

**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.*