

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 you still may enjoy pre-recorded classes.

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.

APRIL 11 NOON-1:30PM
FLOW INTO SPRING

APRIL 18 NOON-1:30PM
STANDING POSES

APRIL 25 NOON-1:30PM
EKA PADAS

MAY 2 NOON-1:30PM ALIGN
THE SPINE: PART 1

MAY 9 NOON-1:30PM ALIGN
THE SPINE: PART 2

MAY 16 NOON-1:30PM
ALIGN THE SPINE: PART 3

MAY 23 NOON-1:30PM
TWISTS: PART 1

MAY 30 NOON-1:30PM
TWISTS: PART 2

JUNE 6 NOON-1:30PM
TWISTS: PART 3

JUNE 13 NOON-1:30PM
HOME PRACTICE: PART 1

JUNE 20 NOON-1:30PM
HOME PRACTICE: PART 2

Go to our Website Homepage for workshop descriptions.

No need to pre-register.

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!

April 1 - June 23, 2021

spring 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

 **spring quarter**
April 1 - June 23, 2021

monday	tuesday	wednesday	thursday	friday	saturday	sunday
					9:00 - 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 Yoga for Spring Christina ★ New	11:00 a.m. - 12:30 Level 1 / Restorative Diane			
					Noon - 1:30 p.m. Spinal Synthesis Sara ★ New	Noon - 1:30 p.m. Weekly Workshop Christina
					1:30 - 3:00 p.m. Deep Rest & Pranayama Sara	
	5:30 - 7:00 p.m. Shoulder Remedy Sara ★ New		5:45 - 7:15 p.m. Level 2-3 Christina			

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.*

CLASS DESCRIPTIONS (Continued)

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.

Shoulder Remedy: Join Sara for a 12-week look at shoulder function. Initial weeks explore the work of the hands and arms in relationship to the floor to create open, supported shoulders. Mid-series includes shoulder openers and realignment work. The final weeks integrate the support of the thoracic cage with the mobility of the shoulders.

Spinal Synthesis: This class will break down the components of the spine: sacrum, lumbar, thoracic and cervical. We will spend 3 weeks on each section. Sara will teach you how to integrate and balance the movements of your spinal column and to create a healthy, spacious spine.

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 Spring: Melt the winter snow with an active asana class. Each 1.5 hour class is divided into thirds The first third includes heating, energizing postures to melt the ice. 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.