

Class Registration:

Pay for all online and in-person classes via Namastream. Click "Online Learning" on IYIP's homepage to access Namastream.

QUARTERLY SCHEDULE

Our classes run on a 12-week, quarterly basis.

We usually have a short break between quarters during which time you may access pre-recorded classes online.

COURSE FEES

We are still extending discounts for online classes. Text Sara for a coupon code at 412-401-2162.

All-Access Monthly Pass

\$160 / month Includes BOTH online and in-person attendance.

Online Day Pass

\$20 For Online Classes Only. Includes 24 hr access to live and pre-recorded classes.

In-Studio 12-Class Pass

\$180 Use to pay for in-person attendance. Must Pre-Register.

In-Studio Drop In

\$18 To pay for in-person class attendance. Must Pre-Register.

Private Sessions:

Sessions with Sara:

1 session = \$99

Pkg of three sessions = \$264

Sessions with Christina:

1 session = \$75

Package discounts offered seasonally.

To schedule appointments text:

Sara 412-401-2162

Christina at 412-719-2332

Registration Information

Payment Options:

All classes are pre-paid via Namastream.

If attending in-person and unable to register online text Christina at (412)719-2332 to pre-register and then pay in person at class time.

CLASS REGISTRATION:

STEP 1:

CHOOSE THE CLASS YOU WANT TO TAKE

STEP 2:

VERIFY WHETHER THE CLASS IS ONLY ONLINE OR IS AVAILABLE TO ATTEND IN-STUDIO.

STEP 3:

PAY FOR YOUR CLASS VIA NAMSTREAM. IF IT IS AN IN-STUDIO CLASS YOU WILL NEED TO RESERVE YOUR SPOT. GO TO THE CALENDAR AND CLICK ON THE CLASS YOU WANT.

STEP 4:

SHOW UP EITHER IN-PERSON OR AT HOME AT CLASS TIME.

Q & A:

Q: I PAY FOR UNLIMITED MONTHLY CLASSES. CAN I COME TO IN-PERSON CLASSES?

A: Yes. Unlimited Monthly payment includes attendance in-person. Click on the class from the "Calendar" in Namastream to pre-register.

Q: HOW DO I PAY FOR CLASSES?

A: All class payment are done via Namastream. Click on "Online Learning" on our website. There you will make a login password then choose your "product" to buy.

Q: WHAT IS A HYBRID CLASS?

A: Hybrid classes are taught in-person (in-studio) while being broadcast to students at home. If you are ready to begin in-studio classes we are asking that you bring proof of vaccination. We are not requiring masks but do wear one if you like.

For in-person attendance, please pre-register.

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

IMPORTANT NOTE!

Christaina's & Diane's classes are hybrid classes which you attend **either** in-studio **or** online.

All other classes are online only. Read the schedule carefully. Please do not show up in-person for online classes!

October 1 - December 23, 2021

autumn quarter

PITTSBURGH'S
ONLY IYENGAR
YOGA STUDIO



Special Discounts

We offer 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, 2021

monday	tuesday	wednesday	thursday	friday	saturday	sunday
7:00 - 8:30 a.m. Open Practice Sara Forward Bends	7:00 - 8:30 a.m. Open Practice Sara Inversions/Arm Bal	7:00 - 8:30 a.m. Open Practice Sara Abs & Backbends	7:00 - 8:30 a.m. Open Practice Sara Twists	7:00 - 8:30 a.m. Open Practice Sara Standing Poses	7:00 - 8:30 a.m. NEW! Grow Your Home Practice Sara	7:00 - 8:30 a.m. Open Practice Sara Restore & Hips
10:00 - 11:30 a.m. Supported Asana Christina <i>Hybrid Class</i>					9:00 - 10:00 a.m. Guided Practice Maureen	
	10:30 - Noon Yoga for 50+ Diane <i>Hybrid Class</i>	10:30 - Noon Yoga for Autumn Christina <i>Hybrid Class</i>	11:00 a.m. - 12:30 Level 1 / Restorative Diane <i>Hybrid Class</i>			
					IMPORTANT NOTES! Classes highlighted in yellow are hybrid: attend hybrid classes either in-studio or online. All other classes are online only. Read the schedule carefully; Do not show up at the studio for online-only classes! We are requiring proof of vaccination for in-studio attendance this time. Please bring it to class.	
6:00 - 7:30 p.m. Level 1 Christina <i>Hybrid Class</i>	5:30 - 7:00 p.m. Invert for Sanity Sara NEW!		5:45 - 7:15 p.m. Level 2-3 Christina <i>Hybrid Class</i>			

CLASS DESCRIPTIONS (Continued)

Grow Your Home Practice: Each Saturday morning, Sara will focus on poses from a category of postures; standing postures, backbends, forward bends, twists, inversions, abdominal contracting, seated postures, recuperative and balancings. (Some categories will be covered over two weeks.) This will be an active class for all levels with detailed instruction. Be ready to move.

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.

Invert for Sanity: Join Sara for a 12-week exploration of inversions from beginner to more advanced variations. Appropriate for all levels as alternatives and preparatory work will be given. Inversions help to balance the endocrine/hormonal system.

Open Practice: Join Sara each morning at 7am (except Saturday) for this daily practice challenge. There is no fee/charge for this practice - just sharing time. You will see Sara practicing - and you may have your video on (or off) so she may (or may not) see you - but there will be no instruction. You are to do your own practice or follow loosely what Sara is doing. She is suggesting a theme for each day for the first hour, followed by 25 minutes of inversions and 5 minutes of savanna or pranayama.

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 Autumn: Each 1.5 hour class is divided into thirds. The first third includes active postures. 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.

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.*