

## Class Registration:

Pay for all classes (online and in-person) 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

### All classes are pre-paid via Namastream.

If attending in-person and unable to register online, don't stress. Come to the class and pay in person. We will help you sort out registration for the next time.

#### CLASS REGISTRATION:

**STEP 1: VERIFY WHETHER THE CLASS YOU WANT TO ATTEND IS ONLY ONLINE OR IS AVAILABLE TO ATTEND IN-STUDIO.**

**STEP 2: LOGON TO NAMASTREAM VIA THE "ONLINE LEARNING" LINK ON OUR WEBSITE.**

**STEP 3: PAY FOR YOUR CLASS VIA NAMASTREAM. IF IT IS AN IN-STUDIO CLASS YOU WILL NEED TO RESERVE YOUR SPOT FROM THE CALENDAR FEATURE AFTER YOUR PAYMENT HAS BEEN MADE.**

#### 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.

## Monthly Workshops

Christina will do three Sunday workshops during the Winter Quarter. Join in for fun and enlightenment!

### Yoga for Winter

Sunday, January 16

Noon - 2p.m.

Learn seasonal practices to help you through the cold winter months

### Open Your Heart

Sunday, February 13

Noon - 2 p.m.

Supported and active backbends and chest openers to open the heart center.

### Spring Equinox Yoga

Sunday, March 20

Noon - 2 p.m.

- Workshops will be hybrid classes (taught for both in-studio and online students).
- Pre-registration required for all of the workshops. Pay via Namastream then add yourself

Iyengar Yoga  
Institute of  
Pittsburgh  
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#### IMPORTANT NOTE!

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

**Sara's classes are online only.** Read the schedule carefully. Please do not show up in-person for online classes!

January 2 - March 26, 2022

winter 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



# winter quarter

January 2 - March 26, 2022

monday	tuesday	wednesday	thursday	friday	saturday	sunday	
7:00 - 8:30 a.m. <b>Open Practice</b> Sara	7:00 - 8:30 a.m. <b>Open Practice</b> Sara	7:00 - 8:30 a.m. <b>Open Practice</b> Sara	7:00 - 8:30 a.m. <b>Open Practice</b> Sara	7:00 - 8:30 a.m. <b>Open Practice</b> Sara	7:00 - 8:30 a.m. <b>NEW!</b> <b>Grow Your Home Practice</b> Sara	7:00 - 8:30 a.m. <b>Open Practice</b> Sara	
10:00 - 11:30 a.m. <b>Supported Asana</b> Christina <i>Hybrid Class</i>				10:00 - 11:30 a.m. <b>Level 1-2</b> Christina <i>Hybrid Class</i>			
	10:30 - Noon <b>Yoga for 50+</b> Diane <i>Hybrid Class</i>	10:30 - Noon <b>Prep a Pose</b> Christina <b>NEW!</b> <i>Hybrid Class</i>	11:00 a.m. - 12:30 <b>Level 1 / Restorative</b> Diane <i>Hybrid Class</i>				
				<b>IMPORTANT NOTES!</b> Classes highlighted in plum are hybrid: attend hybrid classes either in-studio or online. <b>All other classes are online only.</b> Read the schedule carefully; Do not show up - at the studio for online-only classes! <b>We are requiring proof of vaccination for in-studio attendance this time. Please bring it to class.</b>			
							Noon - 2:00 p.m. <b>Monthly Workshop</b> Christina <i>Check Website for Dates and Subjects</i>
6:00 - 7:30 p.m. <b>Level 1</b> Christina <i>Hybrid Class</i>			5:45 - 7:15 p.m. <b>Level 2-3</b> 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.

**Open Practice:** Join Sara each morning at 7am (except Saturday which is an instructed class) for this daily practice. There is no fee/charge for this practice - just sharing practice time. You will see Sara practicing - and you choose to 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. Each morning Sara will be practicing primarily from one category of postures for the first hour, followed by 20 minutes of inversions and 10 minutes of savanna or pranayama.

**Prep a Pose:** Each week Christina will build a class around a challenging posture. She will give preparatory postures and remedial opening and/or strength work to make the pinnacle pose more attainable.

**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.

## 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.*