

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. We will help you sort out registration for the next time.

CLASS REGISTRATION:

STEP 1: LOGON TO NAMASTREAM VIA THE "ONLINE LEARNING" LINK ON OUR WEBSITE.

STEP 2: PAY FOR YOUR CLASS OR PASS VIA NAMASTREAM.

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

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 or at home. 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. Or just go to the calendar, select a class and it will give you the payment options.

Q: WHAT IS A HYBRID CLASS?

A: Hybrid classes are taught in-person (in-studio) while being broadcast to students at home. For in-studio attendance 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 one Sunday workshop during the Spring Quarter. Join her for fun and enlightenment!

Spring Equinox Yoga Sunday, April 3 1 - 3 p.m.

Learn seasonal practices to help you melt the snow of winter and open to new beginnings.

- Purchase the "Sunday Workshop" product via Namastream for \$30. Then preregister from the calendar.
- Workshops will be hybrid classes (taught for both in-studio and online students).
- Pre-registration required for all of the workshops.

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

IMPORTANT NOTE!

All classes are hybrid classes which you attend **either** in-studio **or** online. **EXCEPT Sara's classes are online only.** Read the schedule carefully. Please do not show up in-person for online classes!

April 3 - June 25, 2022

spring quarter

PITTSBURGH'S
ONLY IYENGAR
YOGA STUDIO





Pittsburgh's Most Comprehensive Training in Yoga



spring quarter

April 3 - June 25, 2022

Special Discounts

We offer discounts if needed. Text Sara for the coupon codes at 412-401-2162.

monday	tuesday	wednesday	thursday	friday	saturday	sunday
7:00 - 8:30 a.m. Open Practice Sara	7:00 - 8:30 a.m. Open Practice Sara	7:00 - 8:30 a.m. Open Practice Sara	7:00 - 8:30 a.m. Open Practice Sara	7:00 - 8:30 a.m. Open Practice Sara	7:00 - 8:30 a.m. Head, Neck & Shoulders Sara	7:00 - 8:30 a.m. Open Practice Sara
10:00 - 11:30 a.m. Supported Asana Christina				10:00 - 11:30 a.m. Level 1-2 Christina	8:45 - 10:15 a.m. Level 1 Maureen ★ NEW!	
	10:30 - Noon Yoga for 50+ Diane	10:30 - Noon Prep a Pose Christina	11:00 a.m. - 12:30 Level 1 / Restorative Diane			11:00 a.m. - 12:30 Level 1 Christina & Kara ★ NEW!
				IMPORTANT NOTES! Sara's 7 am classes are online only. All other classes are hybrid classes: attend hybrid classes either in-studio or online. Pay and pre-register via Namastream to reserve your spot before coming to in-studio classes. We are requiring proof of vaccination for in-studio attendance at this time. Please bring to class.		
						1:00 - 3:00 p.m. Monthly Workshop Christina ★ Check Website for Dates and Subjects
6:00 - 7:30 p.m. Level 1-2 Christina			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)

Head, Neck & Shoulders: Join Sara for 12 weeks of comprehensive asana to support these often aggravated areas of the body. She will address chest openers, alignment of the upper spine and shoulder blades, proper support for the shoulder girdle and neck and asanas to help with headaches and sinuses.

Open Practice: Join Sara at 7am for daily practice. There is no fee. You may have your video on or off, and there will generally be no instruction. Either do your own practice or follow along with Sara. We practice the day's category of asanas for the first hour, followed by 20 minutes of inversions and 10 minutes of savasana or pranayama. Join the club! We are having fun supporting one another.

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.