

## 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 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.

# Pittsburgh's Most Comprehensive Training in Yoga

The **Iyengar method** teaches proper alignment to improve structural and orthopedic issues and provides postures and breathing to improve athletic performance. It works to optimize the health of your organs and nervous system.

**You are welcome here** regardless of your fitness level, age or abilities.

We will help you to find the right teacher and the right class for you. Just ask.

We are **equipped** with all the **yoga props** you'll need to safely experience the full range of yoga practices.

**Parking** is readily available. Either use the pay stations on Murray and Forward, OR, there is free parking beside our building on Morrowfield and on Alderson behind.

## VISIT OUR WEBSITE FOR INFORMATION ON:

Private Instruction

Special Workshops

Teacher Mentoring

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

**IMPORTANT NOTE!**  
Most classes are hybrid classes which you attend **either in-studio or online.**  
Some classes are in-person only.

January 2 - March 25, 2024

winter quarter

PITTSBURGH'S  
ONLY IYENGAR  
YOGA STUDIO





# Pittsburgh's Most Comprehensive Training in Yoga

# winter quarter

January 2 - March 25, 2024

## Special Discounts

We offer discounts if needed. Text Sara at 412-401-2162 for a coupon code.

monday	tuesday	wednesday	thursday	friday	saturday	sunday
					8:30 - 10:00 a.m. <b>Level 1-2</b> Maureen	
10:00 - 11:30 a.m. <b>Supported Asana</b> Christina				10:00 - 11:30 a.m. <b>Rope Wall Level 1-2</b> Christina		9:00 - 10:30 p.m. <b>Level 1</b> Kara
	10:30 - Noon <b>Yoga for 50+</b> Diane	10:30 - Noon <b>Asana Deep Study</b> Christina	11:00 a.m. - 12:30 <b>Level 1 / Restorative</b> Racquel	<b>NEW!</b>		
6:00 - 7:30 p.m. <b>Level 1-2</b> Christina		6:00 - 7:30 p.m. <b>iRest &amp; Pranayama</b> Michelle	5:45 - 7:15 p.m. <b>Level 2-3</b> Christina			

## CLASS DESCRIPTIONS (Continued)

**Asana Deep Study:** Join Christina as she presents a new category of asana each week. Learn the continuing basics of standing poses, forward bends, back bends, inversions, abdominal contracting poses, twists and arm balances. A different category of asana will be tackled weekly. Must have minimum 6 months Iyengar yoga study or permission from Christina. No raw beginners.

**iRest Yoga Nidra & Pranayama:** This all-levels recuperative class will include chest openers, pranayama and iRest yoga Nidra for deep physical and mental renewal.

**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.

**Rope Wall Level 1-2:** This class will use the rope wall to create a deeper and better aligned experience of the postures. Must have minimum 6 months Iyengar yoga study or permission from Christina. No raw beginners.

**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.

### IMPORTANT NOTES!

Maureen and Kara's classes are in-studio only. **All other classes are hybrid classes: attend 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 first class.

## 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.*