



IYIP SUMMER SCHEDULE

JULY 8TH - SEPTEMBER 29TH

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>10 - 11:30 AM SUPPORTED ASANA CHRISTINA</p> <p>6 - 7:30 PM LEVEL I/II CHRISTINA</p>	<p>10:30 AM - NOON LEVEL I/ RESTORATIVE DIANE</p> <p>6 - 7:30 PM YOGA FOR BEGINNERS JESSICA *WEEKS 1-6 ONLY: 7/9-8/13</p>	<p>10:30 AM - NOON YOGA FOR SUMMER CHRISTINA</p>	<p>11 AM - 12:30 PM SUPPORTED LEVEL I RACQUEL</p> <p>5:45 - 7:15 PM LEVEL II/III CHRISTINA</p>	<p>10 - 11:30AM LEVEL I/II & VARIATIONS CHRISTINA</p>	<p>8:30 - 10 AM SUPPORTED LEVEL I/II MAUREEN</p>	<p>9:30 - 11 AM YOGA FOR BEGINNERS ROTATING TEACHERS *WEEKS 7-12 ONLY: 8/25-9/29</p>

IMPORTANT NOTES!
MAUREEN'S SATURDAY CLASS AND THE SUNDAY LEVEL 1 CLASS 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.

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.

Tuesday @ 10:30 with Diane: Diane will conduct a Level I beginner's class for the first 60 minutes of class, followed by 30 minutes of deep rest & restorative postures. Great for those that need a longer and deeper rest after active work.

Thursday @ 11 with Raquel: This Level I course will be conducted with more support, prop use, and variations than a classic Level I class. Great for those with therapeutic needs or interest in a more supported approach to the classic asanas.

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.

SEASONAL CLASS DESCRIPTIONS & REGISTRATION INFO ON OTHER SIDE. MORE INFO ALSO ONLINE AT IYENGARYOGAPITTSBURGH.ORG

CLASS DESCRIPTIONS

IMPORTANT NOTE

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

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.

YOGA FOR BEGINNERS

This 6-week course will focus on introducing prop usage and basic Iyengar Yoga standing postures, twists, inversions, and seated poses. This course is appropriate for raw beginners, those new to Iyengar Yoga, and returning students who would benefit from a refresh of the basics.

YOGA FOR SUMMER

As the days grow long and energy levels are high, summer is the perfect season for a more goal-oriented practice! Every week, Christina will guide you through a 90 min sequence that builds toward a particular pose or concept, for better understanding of your body and where your focus should shine for continued improvement in your home asana practice. *This class requires 6 month minimum yoga (Iyengar or other) experience.

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.

REGISTRATION INFO

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

STEP 1: Log on to Namastream via the "Online Learning" link on our website.

STEP 2: Pay for your class or pass via Namstream.

STEP 3: If it is an in-Studio class you will need to reserve your spot in the Namastream Calendar feature after your payment has been made.

Step 4: Show up either in-person or at home at class time.

COURSE FEES

ALL-ACCESS MONTHLY PASS
\$160 / month Includes BOTH online and in-person attendance.

ONLINE DAY PASS
\$20 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.

Discounts available upon inquiry.

FOR IN-STUDIO CLASSES: We are equipped with all the yoga props you'll need to safely experience the full range of yoga practices.

PRIVATE INSTRUCTION:
with Christina \$75

CALL OR VISIT WEBSITE

412-719-2332
iyengaryogapittsburgh.org



SUMMER QUARTER

**JULY 8TH -
SEPTEMBER 29TH**

**Pittsburgh's Most
Comprehensive Yoga Training**

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.

PITTSBURGH'S ONLY IYENGAR YOGA STUDIO

Iyengar Yoga Institute of Pgh
2721 Murray Avenue
Pittsburgh, PA 15217
412-719-2332
iyengaryogapittsburgh.org