

IYISF Public Class Schedule · September 2009

Pay instructor directly; pre-registration is not required. Check with teachers regarding class series expiration policy.

Sunday	9:00-10:30 AM	Allan Nett	1-3	II	\$20 OR \$75 FOR 5	
	9:15-11:00 AM	Nora Burnett	3-5	I	\$20 OR \$75 FOR 5	
	10:30-12:00 PM	Allan Nett	2-4	II	\$20 OR \$75 FOR 5	
	11:00 AM-12:30 PM	Nora Burnett	1-3	I	\$20 OR \$75 FOR 5	
	5:00-6:30 PM	Adrian Skaj	1-3	II	\$15 OR \$60 FOR 5	
Monday	8:00-10:00 AM	Janet MacLeod	3-4	I	\$20 OR \$75 FOR 5	
	10:00-11:30 AM	Janet MacLeod	1-3	I	\$20 OR \$75 FOR 5	
	5:00-6:30 PM	Annette Murphy	1-4	I	\$20 OR \$75 FOR 5	
	5:30-7:00 PM	David Sirgany	1-3	II	\$20 OR \$75 FOR 5	
	7:05-8:35 PM	Sonia Sierra Wolf	1-3	II	\$18 OR \$70 FOR 5	
Tuesday	9:30-11:00 AM	Jaki Nett ¹	1-4	I	\$20 OR \$75 FOR 5	
	10:00-11:10 AM	Nora Burnett ²	AGELESS YOGA	II	\$13 OR \$50 FOR 5	
	4:00-5:30 PM	Kathy Alef	BACKCARE	II	\$20 OR \$75 FOR 5	
	5:45-7:45 PM	Kathy Alef ³	WOMEN'S CLASS /2-4	II	\$20 OR \$80 FOR 5	
	6:30-8:00 PM	Paul Pisacane	1-4	I	\$20 OR \$75 FOR 5	
Wednesday	8:00-9:30 AM	Janet MacLeod	COMMUNITY CLASS	I	\$10 PER CLASS	
	9:30-11:30 AM	Janet MacLeod	3-5	I	\$20 OR \$75 FOR 5	
	12:00-1:00 PM	Sarah Harvey	1-3	II	\$10 PER CLASS	
	5:00-6:30 PM	David Sirgany	1-3	II	\$20 OR \$75 FOR 5	
	6:30-8:00 PM	Nora Burnett	3-5	II	\$20 OR \$75 FOR 5	
	Begins October 7	7:30-9:00 PM	Allan Nett	1-4	I	\$20 OR \$75 FOR 5
	8:00-9:30 PM	Nora Burnett	1-3	II	\$20 OR \$75 FOR 5	
Thursday	10:00-11:30 AM	Victoria Austin	1-4	I	\$20 OR \$75 FOR 5	
	10:00-11:10 AM	Nora Burnett ²	AGELESS YOGA	II	\$13 OR \$50 FOR 5	
	6:00-7:30 PM	Kathy Alef	2-4	I	\$20 OR \$75 FOR 5	
	6:30-8:00 PM	Paul Pisacane	1-4	II	\$20 OR \$75 FOR 5	
Friday	10:00-11:30 AM	Nora Burnett	COMMUNITY CLASS	II	\$10 PER CLASS	
Saturday	8:30-11:00 AM	Jaki Nett ^{2,5}	3-5	II	\$25 OR \$90 FOR 5	
	11:00-12:30 PM	Jaki Nett ¹	1-2	II	\$20 OR \$75 FOR 5	
	9:00-10:30 AM	Rogelio Nunez	3-5	I	\$20 OR \$75 FOR 5	
	10:30-NOON	Rogelio Nunez	1-3	I	\$20 OR \$75 FOR 5	
	4:15-5:45 PM	Student Teacher	1-2	II	\$5 PER CLASS	

Footnotes

1. No loose, long pants. Teacher must be able to see knees..
2. Designed for beginning and continuing students over 50.
3. This class will be a guided practice for women to promote health and well-being. It is appropriate for all stages of a woman's life. No class 11/03, 11/10, 11/17, 11/24.

Which Level Is For Me?

- Level 1 Beginners
New to yoga or Iyengar method.
- Level 2 Continuing Beginners
Prior exposure to Iyengar Yoga.
- Level 3 Advanced Beginners
Prior exposure to Iyengar Yoga required.
Headstand and back bends are introduced.
- Level 4 Intermediate Students
- Level 5 Teachers & Senior Students