

IYISF Public Class Schedule · April - June 2008

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

Day	Time	Instructor	Level	Studio	Cost
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	\$16 or \$70 for 5
	10:30-noon	Allan Nett	1-3	II	\$20 or \$75 for 5
	11:00 am-12:30 pm	Nora Burnett	1-3	I	\$16 or \$70 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	Joe Naudzunas	1-4	I	\$20 or \$75 for 5
	7:00-8:30 pm	Sonia Sierra Wolf	1-3	II	\$15 or \$60 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	3-5	I	\$20 or \$80 for 5
	6:30-8:00 pm	Athena Pappas ³	WOMEN'S CLASS	II	\$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
	<i>New Class!</i> 12:00-1:00 pm	Sarah Harvey ⁴	1-3	I	\$10 per class
	6:30-8:00 pm	Nora Burnett	3-5	II	\$16 or \$70 for 5
	7:30-9:00 pm	Joe Naudzunas	1-4	I	\$20 or \$75 for 5
	8:00-9:30 pm	Nora Burnett	1-3	II	\$16 or \$70 for 5
Thursday	8:00-9:30 am	Student Teacher	1-2	II	\$5 per class
	10:00-11:30 am	Joe Naudzunas	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 \$80 for 5
	6:00-7:30 pm	Paul Pisacane	ALL LEVELS	II	\$15 or \$60 for 5
Friday	9:30-11:00 am	Sonia Sierra Wolf	1-3	II	\$15 or \$60 for 5
Saturday	8:30-11:00 am	Jaki Nett	2-4	II	\$25 or \$90 for 5
	9:00-10:30 am	Joe Naudzunas	3-5	I	\$20 or \$75 for 5
	10:30-noon	Joe Naudzunas	1-3	I	\$20 or \$75 for 5
	2:00-4:00 pm	Ben Thomas ⁵	PRANAYAMA	II	\$25 or \$100 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 is a class for women with emphasis on women's health and emotional well-being. All women are welcome except those in their 2nd or 3rd trimester of pregnancy. No class 4/8.
4. Class will be held in Studio II on April 9.
5. Pranayama class will be held once per month on the second Saturday. Spring dates will be 4/12, 5/10 & 6/14.

Note

Please advise your teacher before class if you have any significant health problem, are pregnant or are menstruating, as alternate poses may be suggested.

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