

# IYISF Public Class Schedule · July - August 2009

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

Day	Time	Instructor	Level	Studio	Cost
<b>Sunday</b>	☸ 9:00-10:30 AM	Allan Nett <sup>1</sup>	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 <sup>1</sup>	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
<b>Monday</b>	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
	<i>New!</i> ☸ 5:30-7:00 PM	David Sirgany	1-3	II	\$20 OR \$75 FOR 5
	☸ 7:00-8:30 PM	Sonia Sierra Wolf	1-3	II	\$18 OR \$70 FOR 5
<b>Tuesday</b>	☸ 9:30-11:00 AM	Jaki Nett <sup>2</sup>	1-4	I	\$20 OR \$75 FOR 5
	☸ 10:00-11:10 AM	Nora Burnett <sup>3</sup>	AGELESS YOGA	II	\$13 OR \$50 FOR 5
	☸ 4:00-5:30 PM	Kathy Alef	BACKCARE	II	\$20 OR \$75 FOR 5
	<i>New!</i> ☸ 5:45-7:45 PM	Kathy Alef <sup>4</sup>	WOMEN'S CLASS /3-5	II	\$20 OR \$80 FOR 5
	<i>New!</i> ☸ 6:30-8:00 PM	Paul Pisacane	1-4	I	\$20 OR \$75 FOR 5
<b>Wednesday</b>	☸ 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
	<i>New!</i> ☸ 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
	☸ 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	\$20 OR \$75 FOR 5
<b>Thursday</b>	☸ 10:00-11:30 AM	Joe Naudzunas	1-4	I	\$20 OR \$75 FOR 5
	☸ 10:00-11:10 AM	Nora Burnett <sup>3</sup>	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
<b>Friday</b>	<i>New!</i> ☸ 10:00-11:30 AM	Nora Burnett	COMMUNITY CLASS	II	\$10 PER CLASS
<b>Saturday</b>	8:30-11:00 AM	Jaki Nett <sup>2,5</sup>	3-5	II	\$25 OR \$90 FOR 5
	☸ 11:00-12:30 PM	Jaki Nett <sup>2</sup>	1-2	II	\$20 OR \$75 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
	4:15-5:45 PM	Student Teacher	1-2	II	\$5 PER CLASS



New Student Summer Special! Join any 5 classes for just \$55. All participating classes are noted above with a flower. Visit [www.iyisf.org](http://www.iyisf.org), call 415.753.0909, or drop by the office for more details. For new students only.

## Footnotes

1. No class 7/5.
2. No loose, long pants. Teacher must be able to see knees.  
No class 7/4, 8/1, 8/22.
3. Designed for beginning and continuing students over 50.
4. 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.

## Which Level Is For Me?

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