

JANUARY 2 – JULY 3, 2011 DAILY SCHEDULE

Monday

TIME	LEVEL	FACULTY
8:00 - 9:30 am	1	Richard Jonas
9:45 - 11:30 am	Women's	Bobby Clennell
10:30 - 12:00 pm	2	Dmitri Shapira
12:00 - 1:30pm	Breast Health**	Bobby Clennell
12:15 - 1:45pm	1	Naghmeh Ahi
2:00 - 3:30 pm	2	Matt Dreyfus
3:15 - 5:00 pm	3	Carrie Owerko
5:00 - 6:30 pm	1	Matt Dreyfus
5:30 - 7:00 pm	2	Hugh Millard
6:45 - 8:30 pm	3	James Murphy*
7:30 - 9:00 pm	1	Lucienne Vidah

Tuesday

TIME	LEVEL	FACULTY
8:00 - 9:30 am	1	Hugh Millard
8:15 - 9:45 am	2	Marcela Clavijo*
12:00 - 1:30 pm	1	Tori Milner*
12:15 - 2:15 pm	4	James Murphy*
1:45 - 3:15 pm	2	Carolyn Christie
5:15 - 6:45 pm	1	Carolyn Christie
5:30 - 7:15 pm	3	Matt Dreyfus
7:00 - 8:30 pm	2	Carrie Owerko
7:30 - 9:00 pm	1	James Murphy*

Wednesday

TIME	LEVEL	FACULTY
8:00 - 9:45 am	3	Bobby Clennell
8:15 - 9:45 am	Restorative/Pranayama	Carolyn Christie
10:00 - 11:30 am	2	Lindsey Clennell
11:00 - 12:30 pm	1	Carolyn Christie
12:15 - 1:45 pm	2	Brooke Myers
2:00 - 3:45 pm	3	Tori Milner*
2:30 - 4:00 pm	2	Lara Brunn
4:00 - 5:30 pm	1	Dmitri Shapira
5:30 - 7:00 pm	Pranayama	Brooke Myers
5:45 - 7:15 pm	2	Anna Golfopoulos
7:15 - 8:45 pm	2	Marcela Clavijo*
7:30 - 9:00 pm	1	Tori Milner*

Thursday

TIME	LEVEL	FACULTY
8:00 - 9:30 am	2	Michelle LaRue*
9:45 - 11:30 am	3	Lara Brunn
10:15 - 11:45 am	1	Matt Dreyfus
12:00 - 1:30 pm	2	Anna Golfopoulos
1:15 - 2:45 pm	1	Richard Jonas
1:45 - 3:15 pm	Specific Needs	Myers/Murphy

Thursday

TIME	LEVEL	FACULTY
3:00 - 5:00 pm	4	Carrie Owerko
3:30 - 5:00 pm	Gentle	Dmitri Shapira
5:15 - 6:45 pm	2	James Murphy*
5:30 - 7:15 pm	3	Carolyn Christie
7:00 - 8:30 pm	1	Lara Brunn
7:30 - 9:00 pm	2	Brooke Myers

Friday

TIME	LEVEL	FACULTY
8:00 - 9:30 am	1	James Murphy*
8:15 - 9:45 am	2	Bobby Clennell
9:45 - 11:30 am	3	Brooke Myers
10:00 - 11:30 am	2	Anna Golfopoulos
12:00 - 1:30 pm	HIV **	James Murphy*
12:30 - 2:15 pm	3	Genny Kapuler
2:15 - 3:45 pm	2	Judith Isaacs
2:30 - 3:45 pm	Sutra Study **	Shaida/Faculty
2:30 - 4:00 pm	1	Michelle LaRue*
5:30 - 7:00 pm	2	Hugh Millard
5:45 - 7:15 pm	1	Marcela Clavijo*
7:15 - 9:00 pm	Restorative	Bobby Clennell

Saturday

TIME	LEVEL	FACULTY
8:00 - 9:45 am	3	James Murphy*
8:30 - 10:00 am	2	Jeanne-Marie Derrick*
10:00 - 11:30 am	1	Carrie Owerko
11:45 - 1:15 pm	2	Brooke Myers
1:30 - 3:00 pm	1	Lara Brunn
3:15 - 4:45 pm	2	Marcela Clavijo*
4:00 - 6:00 pm	4	Lara Brunn
5:00 - 6:30 pm	1	Adam Vitolo

Sunday

TIME	LEVEL	FACULTY
8:15 - 10:00 am	3	Tori Milner*
8:30 - 10:00 am	2	Richard Jonas
10:15 - 11:45 am	2	Carrie Owerko
10:30 - 12:00 pm	1	Naghmeh Ahi
12:15 - 1:45 pm	Prenatal	Bobby Clennell
4:15 - 5:45 pm	2	Lara Brunn
4:30 - 6:00 pm	Gentle	Matt Dreyfus
6:00 - 7:30 pm	1	Adam Vitolo
6:15 - 7:45 pm	Restorative/Pranayama	Jeanne-Marie Derrick*

* Teacher will be on leave for a portion of the winter or spring term. Please see the daily schedule on our Web site for details of substitutes.
 ** No fee class.
 † Class will begin January 23

NONPROFIT ORG.
 U.S. POSTAGE
 PAID
 NEW YORK, NY
 PERMIT NO. 7131

IYENGAR YOGA
 ASSOCIATION OF GREATER NEW YORK
 150 W. 22nd Street, 11th Floor
 New York, New York 10011
 Tel. 212.691.9642
 www.iyengaryoga.org

Forward and Address Correction

WINTER/SPRING 2011 SCHEDULE

January 2 - July 3, 2011

HOLIDAY CLOSINGS & SCHEDULE CHANGES

Saturday, January 1 - New Years Day - Closed
 Friday, February 11 - Sunday, February 13 - Modified class schedule
 Friday, April 1 - Monday, April 4 - Modified class schedule
 Sunday, May 29 - Monday, May 30 - Memorial Day weekend - Closed
 Sunday, June 5 - Modified class schedule
 Monday, July 4 - Independence Day - Closed
 Up-to-date scheduling is always available on our Web site.

IYENGAR YOGA
 INSTITUTE OF NEW YORK
 ASSOCIATION OF GREATER NEW YORK

January 2 - July 3, 2011
 12 - Week Winter Course January 2 - April 3
 12 - Week Spring Course April 4 - July 3

WELCOME TO THE IYENGAR YOGA INSTITUTE OF NEW YORK

WHO WE ARE

The Iyengar Yoga Institute of New York is the primary initiative of the Iyengar Yoga Association of Greater New York (IYAGNY), a nonprofit membership organization. The Iyengar method of yoga provides practical tools for physical, mental and spiritual well-being. Classes at all levels are taught by highly qualified, dedicated teachers. There is more about the tradition and benefits of Iyengar Yoga on our Web site and we invite you to visit us to talk with our staff and teachers.

STUDYING AT THE INSTITUTE

The Institute offers over 70 classes each week as well as special series and workshops. Multi-class cards and course study offer affordable prices and flexibility of schedule. IYAGNY membership discounts make study even more accessible. This brochure includes descriptions and fees for the Institute's diverse winter and spring 2011 schedule.

We recommend you • Wear shorts or footless tights. Clothes that allow for ease in movement but are not baggy are ideal. • Come to class with an empty stomach. • Arrive ten to fifteen minutes before your class begins. Students arriving fifteen minutes after a class begins cannot be admitted.

We provide all props, including mats, for every class.

AN INTRODUCTION TO IYENGAR YOGA FOR NEW STUDENTS

We encourage new students to attend an Introductory Series to become familiar with the fundamentals of yoga postures and the Iyengar method or to take a specially priced one-session Introductory Class to get a feel for the basics. Introductory Classes and Series are for new students only. Pre-registration is required.

INTRODUCTORY CLASSES

Sundays, 12:00 – 1:30pm \$15 per class

January 2	Hugh Millard	March 6	Dmitri Shapira
January 9	Lucienne Vidah	April 10	Tori Milner
January 16	Richard Jonas	June 12	Michelle LaRue
February 6	James Murphy		

INTRODUCTORY SERIES

An Introductory Series is perfect preparation for progression to Level 1 study. Each series is five sessions on consecutive Saturdays. Fee \$90.

January 8, 15, 22, 29, February 5	10:15-11:45am	Lucienne Vidah
January 8, 15, 22, 29, February 5	2:15-3:45pm	Adam Vitolo
February 19, 26, March 5, 12, 19	10:15-11:45am	Richard Jonas
April 16, 23, 30, May 7, 14	10:15-11:45am	Tori Milner
May 21, 28, June 4, 11, 18	10:15-11:45am	James Murphy

MEMBERSHIP

The Iyengar Yoga Association of Greater New York (IYAGNY) is a 501(c)(3) not-for-profit association dedicated to the teaching of Iyengar Yoga embodying the highest standards of a transformational practice. You can support the IYAGNY mission, and enjoy the benefits of that support, by becoming a member. Members pay significantly reduced prices on all courses, series, workshops, and classes and receive a 10% discount on clothing, props, and books at the Institute. Your IYAGNY dues are shared with the Iyengar Yoga National Association of the United States (IYNAUS) and you are automatically enrolled in the National Association when you become an IYAGNY member.

Membership is for the calendar year and begins at the \$65 level. Memberships are tax-deductible as allowed by law. Our Web site outlines the benefits available at each membership level and staff will be glad to answer any questions you may have.

FEES

There are a variety of ways to purchase classes offered as part of the Institute's daily schedule, including individual drop-ins, five-class cards, and courses for a full term.

The winter term is January 2 – April 3. Winter courses are available for purchase December 13-January 16. *Course purchases are valid through April 3.*

The spring term is April 4 – July 3. Spring courses are available for purchase March 14-April 17. *Course purchases are valid through July 3.*

MEMBERS

12-Week Winter Course (January 2-April 3)	1.5 hours	\$200	1.75 hours	\$215	2 hours	\$225
12-Week Spring Course (April 4-July 3)	1.5 hours	\$200	1.75 hours	\$215	2 hours	\$225
5-Class Card (Valid for 90 days)	1.5 hours	\$90	1.75 hours	\$95	2 hours	\$100
Single Class Drop In		\$21 (if not enrolled in a course); \$18 (if enrolled in a course)				

NON MEMBERS

12-Week Winter Course (January 2-April 3)	1.5 hours	\$225	1.75 hours	\$245	2 hours	\$260
12-Week Spring Course (April 4-July 3)	1.5 hours	\$225	1.75 hours	\$245	2 hours	\$260
5-Class Card (Valid for 90 days)	1.5 hours	\$115	1.75 hours	\$120	2 hours	\$125
Single Class Drop In		\$25 (if not enrolled in a course); \$21 (if enrolled in a course)				

SPECIAL FIRST-TIME VISITOR CARD Valid for 30 days. Three 1.5 hour classes **\$48**.

SERIES AND WORKSHOPS See descriptions for details including pricing.

ADDITIONAL SAVINGS

Membership Benefits include significantly reduced prices on all courses, workshops, and classes, as well as a 10% discount on clothing, props, and books. The Iyengar Yoga Association of Greater New York is a nonprofit association and membership dues are tax deductible to the extent allowed by law. Dues begin at \$65; details at www.iyengarnyc.org.

Senior Discount For those 65 and over. Seniors receive 10% discount on non-member fees for courses, classes, series, and workshops, as well as on props, clothing and books. Senior discount does not apply to membership dues and cannot be combined with other discounts including members' rates on courses, classes, series, and workshops.

WHICH CLASS IS RIGHT FOR ME?

Courses allow you to work with the same teacher at a set time weekly. They are an excellent way to focus and develop your practice physically and mentally. Make-up classes are possible within the term. Students enrolled in courses also receive discounts on individual class drop-in rates.

Introductory Series and Classes acquaint students new to the Iyengar method with the fundamentals of yoga postures and lay a foundation for a progressive practice. We encourage students without experience in Iyengar Yoga to take an Introductory Class or Series. Pre-registration is required.

Level 1 The basis of the Iyengar Yoga method is taught in standing poses, shoulder stand, and other fundamental postures. While we recommend that students unfamiliar with Iyengar Yoga take an Introductory Class or Series, it is not required; new students may attend Level 1 classes.

Level 2 For students who are well practiced in Level 1 postures, including *Salamba Sarvangasana* (shoulder stand). Basic postures are refined and *Sirsasana* (headstand), full arm balance, backbends, and *Pranayama* are introduced.

Level 3 For students with substantial Iyengar Yoga training who are strong in standing postures, able to do *Sirsasana* with confidence for five minutes and can push up into *Urdhva Dhanurasana*. *Sirsasana* variations, intermediate postures, and seated *Pranayama* are taught. Independent practice should be well established.

Level 4 For students with substantial Iyengar Yoga training who can hold *Sirsasana* for ten minutes, balance in *Sirsasana 2* and practice independently. Advanced work in *Asana* and *Pranayama* is taught.

Gentle A more moderately paced, less rigorous class for new and continuing students.

HIV+ Postures appropriate for people living with HIV/AIDS.

Pranayama The practice of breath awareness and modification.

Prenatal Emphasis on postures that strengthen the pelvic muscles and reproductive system and maintain physical and mental well-being during pregnancy.

Restorative Rejuvenating and supported postures that restore the nervous system and dismantle chronic tension. Six months Iyengar Yoga experience required.

Women's Emphasis on postures for the physical and psychological well-being of women.

Yoga for Breast Health Specifically tailored to the physical, psychological and emotional needs of breast cancer survivors including those undergoing treatment. The class is offered free of charge. Please leave time before your first session to complete a brief questionnaire.

Specific Needs Safe and effective yoga programs for students who have injuries, chronic conditions or other individual needs. Space is limited. An application, available on request, must be submitted for review in advance of registration.

Individual Instruction Available by appointment. \$150 for a one-hour, onsite session.

GUEST TEACHERS WORKSHOPS

CHRIS SAUDEK

Friday, February 11 – Sunday, February 13

Chris Saudek has been a devoted student of the Iyengar family for over 30 years, studying with them regularly since 1980. Certified at the Senior Intermediate III level, she has been involved with training and mentoring teachers for many years and has been an assessor since 1990. Chris is particularly interested in teaching students and teachers how to question and learn independently, to grow in their practice and teaching. She is the principle teacher and director of The Yoga Place in La Crosse, Wisconsin and teaches workshops in the United States, Canada and Costa Rica. Chris is at once a demanding and compassionate teacher.

Friday, February 11 6:00-8:30pm Level 2 and up

\$50 members/ \$60 non-members

This class will set the scene for the rest of the weekend. Learn to concentrate on the correct alignment of the pelvic and abdominal region in all the poses. Look forward to contracting, extending and twisting the abdomen in a variety of poses.

Saturday, February 12 10:30am-1:30pm Level 3 and up

\$60 members/ \$70 non-members

Concentrate on some of the most important postures for the hips and groins that facilitate *Padmasana* and cultivate a new awareness and enthusiasm for forward bends and arm balances.

Saturday, February 12 3:30-6:00pm Level 3 and up

\$50 members/ \$60 non-members

This restorative class will be relaxing and renewing for mind, body, and spirit and bring you more deeply in touch with your Self.

Sunday, February 13 10:15am-1:15pm Level 3 and up

\$60 members/ \$70 non-members

Intensive work on the shoulders and upper back as well as pelvic opening to prepare for the backbends to follow. Students should be able to push up to *Urdhva Dhanurasana* and be able to balance in *Sirsasana* in the middle of the room.

Weekend Series, February 11-13 *Teachers' Class not included.*

\$185 members; \$220 non-members

Teachers' Class, Sunday, February 13 3:00-5:30 \$50

A class to help certified Iyengar Yoga teachers better understand the principles of hands-on adjustments, from the most basic poses to more intermediate and advanced poses.

Weekend Series for Teachers, February 11-13 *Teachers' Class included.* \$225

STEPHANIE QUIRK

Friday, April 1 – Monday, April 4

A workshop for certified teachers. Pre-registration required

Stephanie Quirk, a New Zealand native who now lives in Pune, India, has studied with the Iyengar family for nearly twenty years. This spring, Stephanie returns to the Iyengar Yoga Institute of New York for Part 2 of her six-part therapeutic curriculum for certified Iyengar Yoga teachers. Part 2 will focus on the axial skeleton—the spine and its problems.

Check our Web site for detailed information regarding certification requirements and fees as of January 2011. Online registration available.

Friday, April 1 and Saturday, April 2 10:00am-1:00pm; 3:00-6:00pm

Sunday, April 3 10:00am-1:00pm; 3:00-6:00pm

Monday, April 4 9:00am-12:00pm; 2:00-5:00pm

EDWIN BRYANT: THE BHAGAVAD GITA

Saturday, April 30 – Sunday, May 1 Non-asana

Noted scholar Edwin Bryant returns to the Iyengar Yoga Institute of New York to continue study of *The Bhagavad Gita*. Edwin, who holds a Ph.D. in Indic Languages and cultures, is a scholar and practitioner of the teachings of the *Gita*, one of the most important spiritual texts in all of human culture. This workshop is appropriate for students beginning and for those continuing their exploration of the *Gita*.

Please bring a copy of The Bhagavad Gita with the Sanskrit text in Romanized script. The Excelsior Edition, with translation and transliteration, edited by Winthrop Sargeant is the preferred text. A limited supply is available for purchase at the Institute.

Saturday, April 30 12:00 – 4:00pm, 6:30 – 8:30pm \$85 members/\$100 non-members

Sunday, May 1 12:00 – 4:00pm \$55 members/\$70 non-members

Saturday and Sunday, April 30 – May 1 \$110 members/\$135 non-members

Sorry, additional discounts cannot be applied to guest teachers' workshops.

SPECIAL SERIES

Pre-registration is recommended

Yoga in American Sign Language | Jennifer Kagan

Mondays, January 10, 17, 24, 31, February 7, 14, 21, 28, March 7, 14, 21, 28

6:00-7:30pm All Levels

\$215 *No additional discounts apply.*

A 12-class series in the fundamentals of Iyengar Yoga conducted in American Sign Language. The class is appropriate for those fluent in sign language. Deaf students are given priority. Registration limited to 10 students.

Iyengar Yoga for Veterans | Faculty

Saturdays, January 8, 15, 22, 29, February 5, 19, 26, March 5, 12, 19, 26, April 9, 16, 23,

May 7, 14, 21, 28, June 4, 11, 18, 25 (no classes February 12, April 2, April 30)

12:00-1:30pm All Levels No Fee

Created for veterans who have recently served in the U.S. Armed Forces. No previous yoga experience is necessary.

Hip Care | Jeanne-Marie Derrick

Saturdays, February 19, 26, March 5 2:15 - 3:45pm All Levels

\$50 members / \$65 non-members

Postures that promote healthy hips by increasing flexibility and strength of the hip joints to reinforce their integrity and stability.

Knee Care | Tori Milner

Saturdays, March 12, 19, 26 2:15 - 3:45pm All Levels

\$50 members / \$65 non-members

Asanas that support proper alignment and function of the knee joint. Modifications of common *asanas* will be taught.

Back Care | Dmitri Shapira

Saturdays, April 9, 16, 23 2:15 - 3:45pm All Levels

\$50 members/\$65 non-members

Practice postures that promote a healthy back and spine, encouraging good posture and alignment.

Pranayama | Carolyn Christie

Saturdays, May 7, 14, 21 2:15 - 3:45pm One year of Iyengar Yoga Study required.

\$50 members/\$65 non-members

“*Pranayama* is at the frontier between the material and the spiritual world.”—B.K.S. Iyengar. Study the art and science of yogic breathing.

Menopause | Bobby Clennell

Saturdays, June 4, 11, 18, 25 2:15 - 3:45pm All Levels

\$68 members/\$85 non-members

Menopause is a critical period of adjustment. This series offers a practice to help reduce some of the symptoms of menopause such as insomnia, hot flashes, anxiety, and fatigue.

Philosophy Study Group | Julia Shaida and Faculty

Sundays, January 30, February 27, March 27, April 17, May 15, June 26 12:00 - 1:30pm

No Fee

An excellent way to begin your study and to deepen your understanding of yoga philosophy. Explore the philosophical and personal import of specific aphorisms of the Yoga Sutras of Patanjali. Advance registration is not required.

CONTINUING EDUCATION TEACHER TRAINING

James Murphy

Matt Dreyfus assisting

Sundays, January 23, March 20, May 22, June 19 12:30-4:00pm \$50 per class

Four-class package \$175

Open to teachers who have completed a recognized Iyengar Yoga Teacher Training. Build on work done in the Introductory I syllabus. Sharpen your skills in observation, clear communication, addressing problems and effective sequencing. Come prepared to teach poses on the Introductory II syllabus. *Pre-registration is required.*

SPECIAL EVENTS

MARY DUNN CELEBRATION & YOGATHON

Sunday, June 5

Join us for this special day celebrating yoga in the spirit of Mary Dunn.

COMMUNITY NIGHTS

Saturdays, January 22, March 19, May 21 7:00pm No Fee

These informal evenings provide opportunities to join others in the Iyengar community for yoga films and lively discussions led by Iyengar Yoga teachers. Details are posted at the Institute and on our Web site in advance of each date

SUNDAY WORKSHOPS

Sunday Workshops are from 2:00 – 4:00pm

Pre-registration \$25 members/\$35 non-members

Day of Workshop \$30 members/\$40 non-members

Stability in Mobility (Core and More) | Carrie Owerko

January 2 Level 2 and up

Explore core stabilization practices that enhance stability in mobility.

Ropes – Chest and Shoulders | Adam Violo

January 9 Level 2 and up

Opening the chest and shoulders is the key to bringing the upper-middle spine in towards the chest – essential to all aspects of yoga practice.

The Feet – The Foundation | Lucienne Vidah

January 16 All Levels

Focus on the articulation of the toes and the balance between the three arches in the foot. A conscious relationship between our feet and the earth deepens the awareness of the alignment of body and mind.

Take a Seat | Richard Jonas

January 30 Level 2 and up

Working with that versatile prop, the chair, to have a deeper experience of all poses, from standing to forward and backbends, twists and inversions.

Inversions and their Relation to Pranayama | Carolyn Christie

February 6 Level 3 and up

The inversions, properly aligned, give us the direction and integration of physical movements in the chest and abdomen that we need in our *Pranayama* practice. They also teach us the release we need at the base of the neck for *Jalandhara Bandha*.

Diaphragm | Jeanne-Marie Derrick

February 20 Level 2 and up

How the diaphragm, the primary breathing muscle, functions to deepen your experience of the *asanas*.

Physiology of the Lungs and Heart | Genny Kapuler

March 6 All Levels

Study the structure of the breathing mechanism and the placement of the heart and apply the knowledge to *Pranayama*.

The Long and Short of It | Richard Jonas and Tori Milner

March 13 All Levels

Exploring adaptations and prop use to work more effectively with bodies of all proportions to achieve maximum extension and ease in every group of *asanas*.

Forward Bends | Dmitri Shapira

March 27 Level 2 and up

As winter wanes, come to search for inner space in this workshop of forward bending *asanas*.

Yoga and Recovery from Addiction | Tori Milner

April 10 All Levels

Addiction is our attempt to create wholeness from outside ourselves. We will explore the ways that yoga gives us a path to discover our own physical, mental, emotional and spiritual wholeness.

Spring Practice | Brooke Myers

April 17 All Levels

The organic body is affected by seasonal transition; specific *asanas* tone and support the body through this time.

Backbends | Hugh Millard

May 8 Level 2 and up

Focus on *Urdhva Dhanurasana*. Learn how to prepare for this classic asana, and how to make it accessible through modifications and intelligent use of props.

Turning Inward: Twists | Matt Dreyfus

May 15 Level 2 and up

Twists are cleansing, invigorating and challenging. Cultivate introspection and energy in standing, seated and inverted revolved *asanas*.

Inversions | James Murphy

June 12 Level 2 and up

Inversions are nourishing, invigorating and rewarding. Practice postures that create a foundation for *Sirsasana* and *Sarvangasana* as well as these postures themselves.

Open the Arches of Your Hands | Naghmeh Ahi

June 26 All Levels

We will learn to bring space, extension and connection through our hands in a variety of *asanas* from all categories.

We are grateful to the teachers who offer Sunday Workshops to support the mission of the Iyengar Yoga Association of Greater New York, a non-profit membership organization.