



# IYENGAR YOGA

INSTITUTES OF NEW YORK & BROOKLYN



## 2016

WINTER / SPRING SCHEDULE  
JANUARY 2 - JULY 2

## IYENGAR YOGA

Profound, intelligent and transformative, Iyengar Yoga provides practical tools to create and maintain bodily health and vitality, mental clarity, emotional serenity, and spiritual well-being. Developed by B.K.S. Iyengar during his more than 75 years of teaching, Iyengar Yoga is grounded in the ancient Indian tradition and philosophy of Patanjali's *Yoga Sutras*.

Our teachers are rigorously-trained and dedicated. Our classes focus on strength and stamina, flexibility and balance, concentration, and meditation in action—our method is a pathway to complete alignment.

### OUR MISSION

INSPIRE AND ENABLE PROGRESSIVE LIFETIME LEARNING AND PRACTICE IN THE ART, SCIENCE AND PHILOSOPHY OF IYENGAR YOGA

DEVELOP, NURTURE AND OFFER TEACHING OF THE HIGHEST STANDARDS

BUILD AND SUPPORT A COMMUNITY OF PRACTITIONERS WITHIN OUR THREE-STATE REGION

### CLASS FEES AND MEMBERSHIP

CLASSES	NEW STUDENT	MEMBER	NON-MEMBER	EXPIRATION
FIRST CLASS	\$15	N/A	N/A	N/A
3 CLASS CARD	\$45	N/A	N/A	30 DAYS
SINGLE CLASS	N/A	\$20	\$25	30 DAYS
5 CLASS CARD	N/A	\$95	\$115	90 DAYS
10 CLASS CARD	N/A	\$180	\$220	120 DAYS
20 CLASS CARD	N/A	\$340	\$420	180 DAYS

\*No extensions, refunds or credits are allowed. Class Cards are non-transferable.

\*We offer a 10% discount for seniors over 65 and students with a valid I.D. (Non-Members Only)

\*New Student options are available to first time students and are good for Level 1, Level 2, and Gentle Classes.

### ANNUAL MEMBERSHIP

The Iyengar Yoga Association of Greater New York (IYAGNY) is a 501(c)(3) not-for-profit organization. Membership is 100% tax-deductible and goes directly to support our mission and programs. Membership includes significant discounts on class cards, workshops, series, events and merchandise. IYAGNY Membership also includes membership and benefits with the Iyengar Yoga National Association of the United States (IYNAUS).

### REBECCA LERNER GUEST TEACHER WORKSHOP

Senior Iyengar Yoga teacher Rebecca Lerner will guide you on the path of yogic transformation, exploring the interplay between three essential yogic principles: Practice, Reflection and Devotion. Inspire your practice, deepen your reflection, and awaken your devotion in this dynamic weekend workshop.

FRI, JAN 29	SAT, JAN 30	SUN, JAN 31
<b>FORWARD BENDS &amp; TWISTS</b> 6:00PM-8:00PM LEVEL 2 & UP \$50 MEMBERS / \$70 NON-MEMBERS	<b>STANDING POSES &amp; ARM BALANCES</b> 10:00AM-1:00PM LEVEL 3 & UP \$75 MEMBERS / \$105 NON-MEMBERS  <b>RESTORATIVE &amp; PRANAYAMA</b> 3:00-5:00PM LEVEL 3 & UP \$50 MEMBERS / \$70 NON-MEMBERS	<b>BACKBENDS</b> 10:30AM-1:30PM LEVEL 3 & UP \$75 MEMBERS / \$105 NON-MEMBERS

### CONTINUING EDUCATION

SAT, JAN 23, FEB 20, MAR 19, APR 30, JUN 18 | 12:00-4:00PM

Open to all Certified Teachers and those who have completed a recognized Iyengar Yoga Teacher Training program. Learn to become a more effective teacher whether you are going up for assessment or not. Sharpen your abilities to instruct clearly, observe your students, and recognize and address problems. Pre-registration for all Continuing Education classes is required. \$90/class.

### NEW STUDENT OPTIONS

We welcome new students to attend one of our Introductory options or any Level 1 class to become familiar with the fundamentals of the Iyengar Yoga method. We ask that you pre-register before joining us.

INTRODUCTORY CLASSES MANHATTAN	INTRODUCTORY SERIES MANHATTAN	INTRODUCTORY WEEK BROOKLYN	INTRODUCTORY SERIES BROOKLYN
10:00AM-11:30AM SAT, JAN 2 NAGHMEH AHI  10:00-11:30AM SAT, MAR 12 MATT DREYFUS  10:00-11:30AM SAT, APR 30 JAMES MURPHY  \$15 Class	10:00AM-11:30AM SAT, JAN 9, 16, 23 NAGHMEH AHI  10:00-11:30AM SAT, MAR 19, 26 & APR 2 MATT DREYFUS  10:00-11:30AM SAT, MAY 7, 14, 21 JAMES MURPHY  \$45 Series	JAN 4 – 10 & APR 4 – 10  *New students may attend any Level 1 class on the schedule (limited to one class per student) for \$15.	5:00-6:30PM SUN, JAN 10, 17, 24 DAN TRUINI  12:00-1:30PM SUN, APR 17, 24 & MAY 1 KEVIN ALLEN  \$45 Series

## NEW YORK SUNDAY WORKSHOPS 2:00 – 4:00PM

### LIFT YOURSELF UP!

JAN 3 | LEVEL 2 & UP

CARRIE OWERKO

Practice poses that help you master the exhilarating pose of *Adho Mukha Vrksasana*, Full Arm Balance.

### HOME IN: ESTABLISH AND MAINTAIN A HOME PRACTICE

JAN 10 | ALL LEVELS

RICHARD JONAS

Home practice is where real learning occurs. Learn strategies to start and continue a home practice.

### DON'T GIVE UP ON YOUR LOTUS

JAN 24 | LEVEL 3 & UP

BOBBY CLENNELL

Open the groins, lengthen the hip flexors and free the energy locked in the pelvis. Then combine *Padmasana* or half *Padmasana* with other poses.

### HOME PRACTICE: INVERSIONS

FEB 7 | LEVEL 2 & UP

HUGH MILLARD

Learn to prepare for and safely practice *Salamba Sirsasana* (Head Balance) and *Salamba Sarvangasana* (Shoulder Balance) at home.

### WORKING WITH SCIATICA

FEB 14 | ALL LEVELS

DMITRI SHAPIRA

"Yoga helps us cure what cannot be endured, and endure what cannot be cured." – B.K.S. Iyengar. Learn how to practice to relieve sciatica.

### FUNDAMENTALS OF ARM BALANCES

FEB 21 | LEVEL 3 & UP

MATT DREYFUS

Meld lightness and strength with the practice of these challenging and exciting postures.

### ANATOMY OF THE FOOT AND ANKLE

FEB 28 | ALL LEVELS

GENNY KAPULER

We will study the bones and arches and some of the muscles. This knowledge will then be applied to *asana*.

### BACKBENDING 101

MAR 6 | LEVEL 2 & UP

ADAM VITOLO

Learn the basics to bring length to the lumbar spine and create freedom and ease in these dynamic postures.

### BALANCE TAPAS (DISCIPLINE) AND SANTOSHA (CONTENTMENT)

MAR 13 | ALL LEVELS

TORI MILNER

Cultivate contentment while sustaining the effort of self-discipline to explore the potential for true transformation through your *asana* practice.

### ASANA FOR HEALTHY DIGESTION

MAR 20 | ALL LEVELS

KEVIN ALLEN

Learn postures that ease stomach upset, promote digestion and create balance—physically and emotionally.

### A LIGHT ON YOGA PRACTICE

APR 3 | LEVEL 2 & UP

JEFF LOGAN

Discover a sequence of poses working primarily the way they're shown in B.K.S. Iyengar's seminal text, without the use of props.

### SPOTLIGHT ON THE SENSES

APR 10 | LEVEL 2 & UP

JAMES MURPHY

Deepen your experience of yoga by observing the way the senses impact your *asanas*, helping you create a unified state of body, mind and breath: the definition of *asana*.

### ANATOMY OF THE RIBCAGE, LUNGS, AND DIAPHRAGM

APR 17 | ALL LEVELS

GENNY KAPULER

We will go over the form and movement of these structures and apply it to *Pranayama*.

### LENGTHEN YOUR THIGHS, FREE YOUR HIPS

APR 24 | ALL LEVELS

NAGHMEH AHI

Walking, running and cycling can tighten the quadriceps. Learn to extend them and create mobility and freedom—especially around your hips.

### INTEGRATED INTERSECTIONS

MAY 1 | ALL LEVELS

LISA ROTELL

Work at the hips and shoulders to create internal firmness and freedom and harmonize the entire body.

### MORE FUN WITH BELTS

MAY 8 | ALL LEVELS

SARAH PERRON

Don't leave home without your belt! This versatile "teacher" will help you find proper alignment, refine your poses and connect the "asana dots".

### SHOULDER BLADES: THE GATEWAY

MAY 15 | LEVEL 2 & UP

DEBBY GREEN

The scapulae are the gateway to the chest, to openness in backbends, and to a new freedom in your *asana*.

### AHIMSA IN ASANA

JUN 12 | ALL LEVELS

JUDI FRIEDMAN

Non-violence is the first of the *Yamas*. Cultivate a healthy practice for body and mind by learning how to apply this essential guide.

### TURN TO TWISTS

JUN 19 | LEVEL 2 & UP

JUDITH ISAACS

Use the twisting *asanas* to promote health and tone in the spine, the back and the abdominal muscles.

### SIDE BY SIDE

JUN 26 | LEVEL 2 & UP

LUCIENNE VIDAH

Lengthen, strengthen and re-balance the two sides of the body, for new symmetry and awareness.

**\$30 MEMBERS | \$40 NON-MEMBERS**

## NEW YORK MONDAY LEVEL 3 SERIES 3:15 – 5:00PM

These new series are a special opportunity to deepen your knowledge and enhance your practice at Level 3 & Up.

*Drop-ins allowed if space permits*

### MOVING INTO NEW TERRITORY

CARRIE OWERKO

JAN 4, 11, 18, 25

New Territory—Are you interested in playing with some new poses? Are you curious about the process of moving into new territory in your practice? In this series we do just that as we continue to deepen our foundation so we can branch out into new practice territory!  
\$80 MEMBERS / \$100 NON-MEMBERS

### FREEDOM & STRENGTH: FORWARD BENDS TO ARM BALANCES

CAROLYN CHRISTIE

FEB 1, 8, 15

In this series we will open the hips and tone the abdominal region in the forward bends to find the flexibility and strength available to explore the arm balances.

\$60 MEMBERS / \$75 NON-MEMBERS

### GATEWAY TO FREEDOM: DEEP HIP OPENING

LARA WARREN

FEB 22, 29 & MAR 7

Create freedom in the hips and groins, begin to dissolve tension and create space in this area to gain deeper access to more advanced *asanas*.

\$60 MEMBERS / \$75 NON-MEMBERS

### THE ART OF DROPPING BACK

TORI MILNER

MAR 14, 21, 28

Explore the roots of dropping back and build upon its progression week to week, gain confidence, stability, ease and grace in this exhilarating aspect of the practice.

\$60 MEMBERS / \$75 NON-MEMBERS

### SPRING AWAKENINGS

CARRIE OWERKO

APR 11, 18, 25 & MAY 2

In this springtime series we will explore dynamic, uplifting and awakening practices with a special focus on backbends and arm balancing poses. Learn how to approach these poses in a playful, yet methodical manner.

\$80 MEMBERS / \$100 NON-MEMBERS

### INVERSIONS TO ARM BALANCES

CAROLYN CHRISTIE

MAY 9, 16, 23

In this series we will tone the abdomen by the practice of variations in the inversions, giving us the lightness we need to lift ourselves up into the arm balances.

\$60 MEMBERS / \$75 NON-MEMBERS

### VARIATIONS ON THE INVERSIONS

BOBBY CLENNELL

JUN 6, 13, 20

A systematic study of how to prepare for and practice *Sirsasana* and *Sarvangasana* and the cycle of variations which bring them to full flower, plus Full Arm Balance, *Pincha Mayurasana* and more.

\$60 MEMBERS / \$75 NON-MEMBERS

## BROOKLYN SATURDAY WORKSHOPS 3:30 – 5:30PM

### 2016 KICK-OFF JAN 2 | ALL LEVELS KAVI PATEL

Get the New Year off to a great start with your New Year's resolution: more yoga, to make yourself more flexible, stronger, more balanced and more serene!

### ROPE CAMP JAN 9 | ALL LEVELS MICHELLE LARUE

Use the ropes to gain new flexibility, grounding and awareness.

### TOO TIGHT FOR YOGA?

JAN 16 | ALL LEVELS  
DAN TRUINI

You don't have to be flexible to do yoga—yoga helps tight, muscle-bound bodies find ease, freedom and protection from injury.

### KEEP CALM AND BREATHE ON

JAN 23 | ALL LEVELS  
MARCELA CLAVIJO

Explore the yogic breath practice of *Pranayama* and increase your energy, clarity and tranquility.

### VINYASANA, THE IYENGAR WAY

FEB 13 | ALL LEVELS  
KAVI PATEL

Moving from one pose to another, we learn about both. Learn the principles of Guruji's masterful linking of the *asanas* as you flow through a sequence of postures.

### DEVELOPING INSIGHT THROUGH PRACTICE

FEB 20 | LEVEL 2 & UP  
CAROLYN CHRISTIE

As our yoga practice develops over the years, we move from *Vitarka* (analysis) to *Vicara* (insight). Learn to cultivate this progression in your practice.

### THE POSTURE OF MOTHERHOOD

FEB 27 | ALL LEVELS  
TORI MILNER

Support your full recovery after delivery, meet other new moms and begin to rediscover your body and your yoga practice in the first year of motherhood.

### OPEN YOUR HIPS, LENGTHEN YOUR HAMSTRINGS

MAR 12 | ALL LEVELS  
LARA WARREN

Learn key actions to balance the pelvis, overcome limitations in hip movement (often due to sitting) and save your knees and lower back!

### JUMP FOR JOY!

MAR 19 | LEVEL 2 & UP  
TORI MILNER

Spring into action and uplift body, mind and mood with *Surya Namaskar* (Sun Salutations) and variations in this challenging, light-hearted practice.

### PRANAYAMA: THE HEART OF THE PRACTICE

MAR 26 | LEVEL 2 & UP  
EVE HOLBROOK

Explore poses that create a fruitful breathing practice, then calm and uplift yourself with *Pranayama*.

### DETOX FOR SPRING

APR 2 | ALL LEVELS  
SUSAN TURIS

Promote natural internal cleansing with a practice that promotes the health of the body and mental well-being.

### OVERCOMING OBSTACLES

APR 16 | ALL LEVELS  
KEVIN ALLEN

Explore ways *asana* can help us overcome the *klesas*—obstacles to fulfillment, including ignorance, ego, attachment—allowing us to become happier and more at peace.

### BEGINNING ARM BALANCES

APR 23 | LEVEL 3 & UP  
HUGH MILLARD

Practice poses which prepare us for the actions of the beginning arm balances, up to and including *Bakasana*.

### TUNE IN, DROP BACK

MAY 7 | LEVEL 3 & UP  
LARA WARREN

Learn how to "drop back"—or to do it with more grace—as you develop control moving in and out of backbends.

### SPOTLIGHT ON THE SOURCE

MAY 14 | ALL LEVELS  
JAMES MURPHY

Discover B.K.S. Iyengar's radical approach to yoga and explore his ideas about complete alignment—of body, mind, breath, and senses—to deeply affect your practice and your life.

### A WOMAN'S YOGA PRACTICE

MAY 21 | ALL LEVELS  
SUSAN TURIS

Explore *asanas* and modifications for the phases of a woman's life, including menstruation, pregnancy and menopause.

### RELEASE THE BUTTOCKS AND GROINS

JUN 4 | ALL LEVELS  
MICHELLE LARUE

Balancing strength and mobility in the hips, groins and buttocks creates a sense of ease and stability in yoga postures—and in life.

### PREPPING FOR INVERSIONS

JUN 18 | ALL LEVELS  
CORY WASHBURN

Learn *asanas* that cultivate the strength and lightness required for inversions and help prepare you—mind and body—for the safe, satisfying practice of these important poses.

**\$30 MEMBERS | \$40 NON-MEMBERS**

## NEW YORK SPECIAL SERIES

### HEALTHY HIPS & GROINS

TORI MILNER | ALL LEVELS  
SAT, FEB 20, 27 & MAR 5  
10:00-11:30AM

We will focus on the strength, mobility, stability and release of the hips and groins to offer new freedom in your body, mind and practice.

**\$60 MEMBERS / \$75 NON-MEMBERS**

### AGING GRACEFULLY WITH YOGA & AYURVEDA

JEANNE-MARIE DERRICK | ALL LEVELS  
THU, MAR 3, 10  
3:00-5:00PM

Learn the art of aging gracefully using Yoga and Ayurveda. Treat your body to *asana* that enhances flexibility, agility, and strength and to the ancient wisdom of Ayurveda.

**\$50 MEMBERS / \$60 NON-MEMBERS**

### HEALTHY SHOULDERS

DMITRI SHAPIRA | ALL LEVELS  
SAT, APR 2, 9, 16  
2:00-3:30PM

In this series we will work to dissipate tension in the shoulders as we explore their full range of movement in a variety of *asanas*.

**\$60 MEMBERS / \$75 NON-MEMBERS**

### ADDRESSING SCOLIOSIS & ASSYMMETRY

MARCIA MONROE | ALL LEVELS  
SUN, MAY 1, 8, 15, 22  
12:00-1:30PM

Appropriate for students with minor back pain, asymmetries, and scoliosis. Improve your posture and promote lengthening of the spine, stability, mobility, strength, and improve balance and awareness of the breath.

**\$80 MEMBERS / \$100 NON-MEMBERS**

### PRANAYAMA: UNCOVERING THE LIGHT

MATT DREYFUS | ALL LEVELS  
SAT, JUN 11, 18, 25  
10:00-11:30AM

*Pranayama*, the regulation of energy through breath, is at the heart of Yoga. Learn how to work with your breath and establish a practice of this essential art.

**\$60 MEMBERS / \$75 NON-MEMBERS**

## BROOKLYN SPECIAL SERIES

### ADDRESSING SCOLIOSIS & ASSYMMETRY

MARCIA MONROE | ALL LEVELS  
SUN, JAN 3, 10, 17, 24  
12:00-1:30PM

See description in New York Special Series

**\$80 MEMBERS / \$100 NON-MEMBERS**

### HEALTHY KNEES

BOBBY CLENNELL | ALL LEVELS  
SUN, MAR 6, 13, 20  
12:00-1:30PM

Practice postures that promote openness and stability in the knees, and learn ways to modify *asanas* or make them accessible for compromised or injured joints.

**\$60 MEMBERS / \$75 NON-MEMBERS**

For the latest information on  
classes and events,  
go to [iyengarnyc.org](http://iyengarnyc.org)

## HOLIDAY CLOSINGS

MEMORIAL DAY, MAY 29 – 30 | INDEPENDENCE DAY, JUL 3 – 4

## NEW YORK DAILY CLASS SCHEDULE

MON	TUE	WED	THUR	FRI	SAT	SUN
○ LEVEL 1 8:00-9:30AM RICHARD JONAS	○ LEVEL 1 8:00-9:30AM HUGH MILLARD	△ LEVEL 3 8:00-9:45AM HUGH MILLARD	□ LEVEL 2 8:00-9:30AM MICHELLE LARUE	○ LEVEL 1 8:00-9:30AM JAMES MURPHY	△ LEVEL 3 8:00-9:45AM JAMES MURPHY	△ LEVEL 3 8:15-10:00AM NAGHMEH AHI
△ LEVEL 3 8:30-10:15AM LARA WARREN	□ LEVEL 2 8:15-9:45AM MARCELA CLAVIJO	≡ RESTORATIVE/ PRANAYAMA 8:30-10:00AM CAROLYN CHRISTIE	△ LEVEL 3 9:45-11:30AM TORI MILNER	□ LEVEL 2 8:15-9:45AM CAROLYN CHRISTIE	□ LEVEL 2 8:15-9:45AM JEFF LOGAN	□ LEVEL 2 8:30-10:00AM RICHARD JONAS
≡ WOMEN'S 9:45-11:30AM BOBBY CLENNELL	○ LEVEL 1 12:00-1:30PM TORI MILNER	□ LEVEL 2 10:15-11:45AM MATT DREYFUS	≡ PRENATAL 10:00-11:30AM MICHELLE LARUE	△ LEVEL 3 9:45-11:30AM BROOKE MYERS	○ LEVEL 1 10:00-11:30AM ADAM VITOLO	□ LEVEL 2 10:15-11:45AM TORI MILNER
□ LEVEL 2 10:30AM-12:00PM DMITRI SHAPIRA	◇ LEVEL 4 12:15-2:15PM JAMES MURPHY	○ LEVEL 1 10:30AM-12:00PM CAROLYN CHRISTIE	○ LEVEL 1 10:15-11:45AM MATT DREYFUS	□ LEVEL 2 10:00-11:30AM TZAHY MOSKOVITZ	□ LEVEL 2 11:45AM-1:15PM BROOKE MYERS	○ LEVEL 1 10:30AM-12:00PM NAGHMEH AHI
≡ RESTORATIVE/ PRANAYAMA 12:00- 1:30PM MATT DREYFUS	□ LEVEL 2 12:30-2:00PM MARCELA CLAVIJO	□ LEVEL 2 12:15-1:45PM BROOKE MYERS	□ LEVEL 2 12:00-1:30PM DEBBY GREEN	★ HIV 12:00-1:30PM JAMES MURPHY	○ LEVEL 1 1:30-3:00PM NAGHMEH AHI	≡ GENTLE 4:15-5:45PM MATT DREYFUS
★ BREAST HEALTH 12:00-1:30PM BOBBY CLENNELL	□ LEVEL 2 3:30 - 5:00PM CAROLYN CHRISTIE	◇ LEVEL 4 12:15-2:15PM LARA WARREN	○ LEVEL 1 1:15-2:45PM RICHARD JONAS	△ LEVEL 3 12:30-2:15PM GENNY KAPULER	□ LEVEL 2 3:15-4:45PM ADAM VITOLO	□ LEVEL 2 4:30-6:00PM LISA ROTELL
○ LEVEL 1 12:15 -1:45PM NAGHMEH AHI	○ LEVEL 1 5:15-6:45PM SARAH PERRON	□ LEVEL 2 2:30-4:00PM MICHELLE LARUE	≡ SPECIFIC NEEDS 1:45-3:15PM JAMES MURPHY	□ LEVEL 2 2:15-3:45PM LARA WARREN	△ LEVEL 3 4:15-6:00PM BROOKE MYERS	○ LEVEL 1 6:00-7:30PM TZAHY MOSKOVITZ
□ LEVEL 2 2:00-3:30PM MATT DREYFUS	△ LEVEL 3 5:30-7:15PM MATT DREYFUS	○ LEVEL 1 4:00-5:30PM DMITRI SHAPIRA	◇ LEVEL 4 3:00-5:00PM CARRIE OWERKO	○ LEVEL 1 2:30-4:00PM MICHELLE LARUE	○ LEVEL 1 5:00-6:30PM DMITRI SHAPIRA	
□ LEVEL 2 4:15-5:45PM JUDITH ISAACS	□ LEVEL 2 7:00-8:30PM OWERKO/ROTELL	≡ PRANAYAMA 5:30-7:00PM BROOKE MYERS	≡ GENTLE 3:30-5:00PM DMITRI SHAPIRA	★ SUTRA STUDY 2:30-3:45PM FACULTY		
○ LEVEL 1 5:15-6:45PM LISA ROTELL	○ LEVEL 1 7:30-9:00PM JAMES MURPHY	□ LEVEL 2 5:45-7:15PM DMITRI SHAPIRA	□ LEVEL 2 5:15-6:45PM JAMES MURPHY	□ LEVEL 2 5:30-7:00PM HUGH MILLARD		
□ LEVEL 2 5:30-7:00PM HUGH MILLARD		△ LEVEL 3 6:30-8:15PM MARCELA CLAVIJO	△ LEVEL 3 5:30-7:15PM LUCIENNE VIDAH	○ LEVEL 1 5:45-7:15PM MARCELA CLAVIJO		
△ LEVEL 3 7:00-8:45PM MICHELLE LARUE		□ LEVEL 2 7:15-8:45PM SUSAN TURIS	○ LEVEL 1 7:00-8:30PM KAVI PATEL	★ RESTORATIVE 7:15-9:00PM BOBBY CLENNELL		
○ LEVEL 1 7:15-8:45PM LUCIENNE VIDAH		○ LEVEL 1 7:30-9:00PM LARA WARREN	□ LEVEL 2 7:30-9:00PM NAGHMEH AHI			

## BROOKLYN DAILY CLASS SCHEDULE

MON	TUE	WED	THUR	FRI	SAT	SUN
○ LEVEL 1 10:00-11:30AM SUSAN TURIS	## RESTORATIVE/ PRANAYAMA 5:30-7:00PM NAGHMEH AHI	○ LEVEL 1 10:00-11:30AM NAGHMEH AHI	□ LEVEL 2 5:30-7:00PM LARA WARREN	□ LEVEL 2 9:30-11:00AM CORY WASHBURN	□ LEVEL 2 9:30-11:00AM EVE HOLBROOK	○ LEVEL 1 10:00-11:30AM KEVIN ALLEN
* HIV 2:00-3:30PM RICHARD JONAS	□ LEVEL 2 5:45-7:15PM CAROLYN CHRISTIE	□ LEVEL 2 11:00AM-12:30PM DEBBY GREEN	## GENTLE 5:45-7:15PM EVE HOLBROOK	○ LEVEL 1 10:00-11:30AM TORI MILNER	○ LEVEL 1 10:00-11:30AM MICHELLE LARUE	□ LEVEL 2 11:15AM-12:45PM SUSAN TURIS
○ LEVEL 1 5:45-7:15PM RICHARD JONAS	○ LEVEL 1 7:15-8:45PM DMITRI SHAPIRA	ALL LEVELS 5:30-7:00PM COMMUNITY CLASS	△ LEVEL 3 7:15-9:00PM CAROLYN CHRISTIE	○ LEVEL 1 6:00-7:30PM TZAHY MOSKOVITZ	## PRENATAL 12:00-1:30PM MICHELLE LARUE	○ LEVEL 1 1:00-2:30PM LARA WARREN
□ LEVEL 2 6:00-7:30PM NAGHMEH AHI	△ LEVEL 3 7:30-9:15PM LARA WARREN	□ LEVEL 2 5:45-7:15PM JAMES MURPHY	○ LEVEL 1 7:30-9:00PM NIL AKIN		○ LEVEL 1 12:30-2:00PM ADAM VITOLO	△ LEVEL 3 5:30-7:15PM NAGHMEH AHI
		○ LEVEL 1 7:30-9:00PM DAN TRUINI			## GENTLE 4:00-5:30PM RICHARD JONAS	○ LEVEL 1 6:45-8:15PM CAROLYN CHRISTIE
					○ LEVEL 1 5:45-7:15PM KAVI PATEL	

### CLASS DESCRIPTION

<p>○ LEVEL 1 Fundamental poses. New students may attend any Level 1 class.</p> <p>□ LEVEL 2 Basic postures are refined and <i>Sirsasana</i> (headstand), full arm balance, backbends and <i>Pranayama</i> are introduced.</p> <p>△ LEVEL 3 For students who are able to do <i>Sirsasana</i> for five minutes and push up into <i>Urdhva Dhanurasana</i>. <i>Sirsasana</i> variations, intermediate postures, and seated <i>Pranayama</i> are taught. Independent practice should be established.</p> <p>◇ LEVEL 4 For students who have gained a proficiency in Level 3 and who hold <i>Sirsasana</i> and <i>Sarvangasana</i> for ten minutes. Students should have a well established, regular home practice.</p>	<p>## GENTLE A moderately paced, less rigorous class for new and continuing students.</p> <p>## PRANAYAMA The practice of breath awareness and modification. Six months Iyengar Yoga experience required.</p> <p>## PRENATAL Maintain physical and mental well-being during pregnancy.</p> <p>## RESTORATIVE Rejuvenating and supported postures that soothe the nervous system. Six months Iyengar Yoga experience required.</p> <p>## SPECIFIC NEEDS Safe and effective yoga programs for students who have injuries, chronic conditions or other individual needs. Space is limited. By application only.</p>	<p>## WOMEN'S Emphasis on postures for the physical and psychological well-being of women.</p> <p>* BREAST HEALTH (NO FEE) Specifically tailored to the physical, psychological and emotional needs of breast cancer survivors, including those undergoing treatment.</p> <p>* HIV (NO FEE) Postures appropriate for people living with HIV/AIDS.</p> <p>* SUTRA STUDY (NO FEE) Informal study group.</p> <p style="text-align: right;">## DAILY CLASS * SPECIAL CLASS</p>
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### SPECIAL EVENTS

<p><b>YOGATHON</b> NEW YORK   SUN, JUN 5 Join us for our annual fundraising event! See your favorite Faculty Members and Association Teachers present incredible feats of <i>asana</i>.</p>	<p><b>COMMUNITY NIGHTS</b> NEW YORK   SAT, FEB 6, 7:00PM BROOKLYN   SAT, MAY 7, 7:30PM</p>	<p><b>COMMUNITY CLASS BROOKLYN</b> WED, 5:30-7:00PM Taught by student teachers from our Association, this \$5 class makes Iyengar Yoga available to everyone.</p>
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### LOCATIONS

<p><b>INSTITUTE OF NEW YORK</b> CHELSEA   150 WEST 22ND STREET 2ND FLOOR, NEW YORK, NY 10011 PHONE: 212-691-9642 EMAIL: info@iyengarnyc.org</p> <p>NEARBY TRAINS:  <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">M</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">N</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">1</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</span> </p>	<p><b>INSTITUTE OF BROOKLYN</b> BOERUM HILL   525 PACIFIC STREET 2ND FLOOR, BROOKLYN, NY 11217 PHONE: 718-875-7300 EMAIL: info@iyengarnyc.org</p> <p>NEARBY TRAINS:  <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">N</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</span>  <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">2</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">4</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">5</span> </p>
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