

COURSE FEES

Regular Session

\$144 / 12 Weeks 1.5 hr. class per week
\$192 / 12 Weeks 2 hr. class per week
\$72 / Six week short course (1 class per week)
\$96 / 12 week 1 hr. class

Drop In Fees

\$15 / 1.5 hr. class
\$18 / 2 hr. class
\$10 / pranayama hour
* Drop-ins not allowed in observed practice.
Call 412-719-2332 to arrange for participation in the observed practice class.

Unlimited Classes

\$120 / month
20% University Student Discount with I.D.

Private Sessions \$65/hr.

Private Sessions with Sara Azarius \$85/hr.
To schedule an appointment call Sara at 412-401-2162 or talk to your teacher.

TO REGISTER: Just come early to the first class, or mail your payment in advance. Wear a t-shirt and shorts or leggings. Have bare feet and an empty stomach. Please do not wear perfume, scented lotions or scented deodorant products.

MAKE-UP POLICY: Missed classes are to be made up in any other class during the same 12-week session in which they were missed. Make-ups may not be carried over into the next quarter. No refunds. In some cases classes may be converted to the drop in fees and/or applied to private sessions.

SPRING BREAK:

There will be a week-long spring break Saturday, March 27 through Sunday, April 4, 2010. The spring quarter begins Monday, April 5, 2010.

Committed to Providing Pittsburgh's Most Comprehensive Training in Yoga

- Stress Management
- Yoga Therapy & Rehabilitation
- Beginner to Advanced Yoga Classes

Pittsburgh's Complete Yoga Resource



Our beautiful studio on Centre Ave. (a.k.a. Penn Circle South) is spacious, sunlit and finished with environmentally friendly bamboo floors. We are handicap accessible, and parking is readily available in the rear metered lot.

We are equipped with all the yoga props you'll need to safely experience the full range of yoga practices regardless of your fitness, age or abilities. The Iyengar method teaches proper alignment and form to insure the appropriate effects to your nervous system and for the health of your organs.

CHECK OUR WEBSITE FOR INFO ON OUR:

- Yoga Prop Shop
- Private Instruction
- Guest Teacher Workshops
- Teacher Apprenticeship Program



2010 FIRST QUARTER EVENTS

Saturday Therapy Workshops

Chronic Low Back Pain
Saturday, January 16, 1-3 p.m.

High Blood Pressure
Saturday, January 23, 3-5 p.m.

Sinus Relief
Saturday, February 20, 2-4 p.m.

Stress Management
Saturday, March 13, 2-4 p.m.

Yoga Therapy for Physical Therapists
Saturday, March 20, 1-3 p.m.

Sunday Deep Study Workshops

Sirsasana (Headstand!)
Sunday, January 24, 2-6 p.m.

Quadriceps: The Second Heart
Sunday, February 21, 2-6 p.m.

Open Your Hips!
Sunday, March 21, 2-6 p.m.

2010 Guest Teachers

REBECCA LERNER
April 16-18, 2010

CHRIS SAUDEK
October 8-10, 2010



yoga
on
centre

Pittsburgh's
Iyengar Yoga
Studio

JANUARY 2 - MARCH 26, 2010

winter schedule



6016 Penn Circle S
Pittsburgh, PA 15206
412-401-2162

www.yogaoncentre.com



*** SPECIAL DISCOUNTS**

- To make yoga accessible to everyone, we are now offering a for-donation class on Wednesday night at 5:30. All are welcome. Pay what you can at class time.
- We also offer a 20% university



winter schedule

JANUARY 2 - MARCH 26, 2010



monday	tuesday	wednesday	thursday	friday	saturday	sunday
7:00 - 8:30 a.m. Level 1 Christina	7:00 - 8:30 a.m. Supported Asana Sara	7:00 - 8:30 a.m. Low Back & Spine Sara	7:00 - 8:30 a.m. Level 2 Sara	7:00 - 8:30 a.m. Supported Asana Kit	7:00 - 8:30 a.m. Level 1 Sara	
8:30 - 9:30 a.m. Meditation Practice	8:30-9:30 a.m. Pranayama Sara	8:30 - 9:30 a.m. Meditation Practice	8:30 - 9:30 a.m. Course in Miracles		8:30 - 9:30 a.m. Learn to Meditate Sara / Jan 9-30th	
9:30 - 11:00 a.m. Level 2 Christina	Teachers' Practice 10:00 - Noon Upstairs Studio	9:30 - 11:00 a.m. NEW Stress Reduction Michelle		9:30 - 11:00 a.m. Level 2 Stephanie	9:00 - 10:30 a.m. NEW Low Back & Spine Christina	
	10:30 - Noon Level 2 Diane	11:00 - 1:00 p.m. Open Practice	10:30 - Noon Level 1 Diane		10:30 - Noon Level 2 Christina	10:00 - 11:30 a.m. Observed Practice Christina
	Noon - 1:30 p.m. Apprentice & Teacher Meet Up		Noon - 1:30 p.m. Supported Asana Diane			Noon - 1:30 p.m. Level 1 Christina
	1:30- 3:00 p.m. NEW Yoga Therapy / Sara					Check website for <i>Monthly Workshops</i>
5:30 - 7:00 p.m. Supported Asana & Pranayama Sara	5:30 - 7:00 p.m. NEW Low Back & Spine Sara	5:30 - 7:00 p.m. Level 1 * Christina	5:30 - 7:00 p.m. Level 2 Stephanie	5:30 - 7:00 p.m. Stress Reduction Margie		
7:00 - 8:30 p.m. Level 2 Sara	7:00 - 8:30 p.m. Stress Reduction Sara	7:00 - 8:30 p.m. Level 1/2 Christina	7:00 - 8:30 p.m. Level 1 Stephanie	7:00 - 8:30 p.m. NEW Apprentice Level 1 Apprentices		

CLASS DESCRIPTIONS

LEVEL CLASSES 1 through 3 progress according to a syllabus. Each class covers new postures and is based on the previous class experience. It is suggested that you attend the full quarter in sequence to benefit fully. Beginners should begin with a level 1 or Supported Asana class.

Level 1: Introductory class for beginners or students new to the Iyengar method. Introduces standing postures, standing forward bends, twists, inversions and backbends.

Level 1/2: This class is a mixed-level class for

continuing students. NO BEGINNERS. Level 1/2 is not a prerequisite for level 2.

Level 2: Covers the level 2 syllabus including further development of inversions, backbends and seated postures. Prerequisite 6-9 months level 1 or the equivalent Iyengar method experience.

Supported Asana: This class uses yoga props to support the postures for better alignment, for better opening of the joints and for teaching the receptive (sukha) aspect of the asanas while developing strength and stability (sthira.) This class bridges the gap

between relaxation and fully-active/classic asana work. Supported Asana is especially appropriate for tighter, more muscular body types that need to spend more time in the postures to open the body.

Low Back & Spine: For anyone with back problems. Students will learn the sequence in the 2009 Spine Journal research study. The scientific study proved that twice-weekly, Iyengar yoga classes reduce back pain and the associated side effects of back pain.

Yoga Therapy: This class is for beginners or continuing students recovering from injury or illness. Each student

CLASS DESCRIPTIONS, cont.

practices an individualized sequence designed according to the student's specific needs. Contact Sara at (412) 401-2162 or Christina at 412-719-2332 to discuss participation before coming to class.

Pranayama: Rhythmic breathing techniques, done seated and lying down, relieve stress, develop mental clarity, and develop physical endurance and emotional stability.

Observed Practice: Each student practices an individualized sequence designed with the student's specific needs in mind. Contact Christina at 412-719-2332 to register before coming to class.

Stress Reduction: This course introduces relaxation and an understanding of the relaxation response through yogic breathing, postures and meditation. Appropriate for those dealing with chronic stress or for those interested in preventing or recovering from illness. Don't wear clothing with tight elastic bands, and do bring an extra layer of clothing to keep warm,

Learn to Meditate: This four week beginners class runs January 9 through January 30th. Beginners will learn ways of adjusting their sitting posture for effective meditation and will learn what meditation is and how to approach their personal practice.

PRACTICE SESSIONS (No Charge)

Meditation Practice: Sessions are open to anyone interested in learning about and practicing mindfulness and meditation to alleviate suffering in our lives. For an idea of the practice see any books by Thich Nhat Hanh.

A Course In Miracles Practice: This one-hour practice is a time for ACIM students to meet, discuss the text and practice the workbook together. We also refer occasionally to the Urantia and Conversations with God texts.

Open Practice: This time for individual yoga practice is open to all currently registered students. Some of the teachers practice at this time. You may find it beneficial to practice with a group. Quiet is observed.