

QUARTER SCHEDULE

Our classes run on a 12-week quarterly schedule. There is a break between quarters with **no classes** held June 26 through July 4. Summer Quarter begins on July 5, 2017.

COURSE FEES

Regular Session

\$144 for 12 Weeks of a 1.5 hr. class
(\$115 student & military rate)

\$204 for 12 weeks of 2 hr. class
(\$164 student & military rate)

\$96 / for 12 Weeks of a 1 hr. class
(\$77 student & military rate)

Drop In Fees

\$15 for a 1.5 hr. class
(\$12 student & military rate)

\$20 for a 2 hr drop in
(\$17 student & military rate)

\$10 / 1 hr or 45 min class
(\$8 student & military rate)

Drop-ins not permitted in the therapy class. Students must have an initial evaluation prior to joining the class. Call or text Sara at 412-401-2162 to schedule and discuss if this is the right class for you.

Unlimited Classes

\$120 / month
(\$96 student and military rate)

Private Sessions \$65 - \$85/hr.

Private Sessions with Sara Azarius \$88 - \$99/hr.

To schedule an appointment call Christina at 412-719-2332 or talk to your teacher.

TO REGISTER: You may pay on the MindBody app from your phone/mobile device or from our website. Or pay at class time with cash or check made payable to IYIP. Come early to the first class to fill in the New Student Form and to get acclimated. **Please Note:** Visit mindbody.com to access your account and to perform functions that are not available on the mobile app.

PLEASE NOTE: Wear fitted clothing like a t-shirt and shorts or leggings. Have bare feet and an empty stomach. Please do not wear perfumes, 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. Missed classes may be converted to the drop in rate and/or applied to private sessions.

Committed to Providing Pittsburgh's Most Comprehensive Training in Yoga

The **Iyengar method** teaches proper alignment to improve structural and orthopedic issues and provides postures and breathing to improve athletic performance. Most importantly it works to optimize the health and maintenance of your organs and nervous system.

You are welcome here regardless of your fitness level, age or abilities. We will help you to find the right teacher and the right class for you. Just ask.

Our facilities are **wheelchair accessible.**

We are **equipped** with all the **yoga props** you'll need to safely experience the full range of yoga practices.

Parking is available on street and we now have a giant parking garage behind our building!



VISIT OUR WEBSITE FOR INFORMATION ON:

Private Instruction
Special Workshops
Teacher Mentoring
Apprenticeship Program

UPCOMING WORKSHOPS

ALIGN THE SPINE

with Christina Sible
SUNDAY, JULY 16, 2-4 PM
SUNDAY, AUGUST 6, 2-4 PM
SUNDAY, SEPTEMBER 3, 2-4 PM

INVERSIONS

with Margie Minkler
SUNDAY, AUGUST 20, 2-4 PM
SUNDAY, SEPTEMBER 17, 2-4 PM
SUNDAY, OCTOBER 22, 2-4 PM

YOGA FOR ARTISTS & CRAFTSPEOPLE

with Paul Hajdukiewicz
FRIDAY, SEPTEMBER 8, 2-4 PM
FRIDAY, SEPTEMBER 15, 2-4 PM

YOGA FOR DEPRESSION

with Nadzeya Krol
SUNDAY, SEPTEMBER 24, 2-4 PM

Please visit our website or Facebook page for a complete listing of workshops for the Summer quarter!



July 5 - September 26, 2017

summer quarter

PITTSBURGH'S
ONLY IYENGAR
YOGA STUDIO

6016 Centre Avenue
Pittsburgh, PA 15206
412-363-9642
www.yogaoncentre.com



Special Discounts

We strive to make yoga accessible to everyone. We offer two donation classes: **Wednesdays at 6:00pm** and **Sunday evenings at 5:30pm**. All are welcome. Pay what you can at class time.

We currently offer a 20% **student and military discount**. Show ID with payment.

Yoga On Centre
is now the non-profit
Iyengar Yoga Institute
of Pittsburgh!

summer quarter

July 5 - September 26, 2017



monday	tuesday	wednesday	thursday	friday	saturday	sunday
			7:00 - 8:30 a.m. Pranayama & Chest Openers Paul	7:00 - 8:30 a.m. Supported Asana: Inversions & Backbends Paul	8:30 - 10:00 a.m. Level 1 Maureen	
9:30 - 11:00 a.m. Supported Asana Christina				9:30 - 11:00 a.m. Twists! Christina	10:00 - 11:30 a.m. Supported Asana Kit	
11:00 a.m. - 1:00 p.m. Open Practice 	10:30 - Noon Yoga for 50+ Diane	10:30 - Noon Align the Spine Christina	10:30 - Noon 50+ Level 1 Diane			10:30 a.m. - Noon Practice Challenge  Christina/Annette
	Noon - 1:30 Level 2 Sara	12:00 - 1:00 p.m. Pranayama & Shoulder Openers Sara	Noon - 1:30 p.m. Restorative Diane		Noon - 1:30 p.m. Neck & Shoulders Paul	Noon - 1:30 p.m. Level 1-2 (No Beginners) Christina/Annette
	1:30 - 3:00 p.m. Yoga Therapy Sara				1:30 - 3:00 p.m. Restorative Paul	Sunday Workshops See workshop listings on reverse side & online
5:30- 7:00 p.m. Level 1 Christina	5:30 - 7:00 p.m. Hips & Low Back Sara	6:00 - 7:30 p.m. Supported Level 1  Christina	6:00 - 7:30 p.m. Level 2 Christina			
7:00 - 8:30 p.m. Level 1-2 Christina	7:00 - 8:30 p.m.  Practice Challenge Paul					

Autumn Break: No classes September 27 - 30

CLASS DESCRIPTIONS

Unless noted with a prerequisite, all classes are appropriate for beginners. If uncertain about class placement, simply come to a class! After working with you in the class and discussing your goals, the teacher can best advise you regarding class placement.

Open Practice (NO CHARGE): At this time the studio is open to all currently registered students for individual yoga practice. Some of the teachers practice at this time. You may find it beneficial to practice with a group. Quiet is observed.

LEVELS 1 THROUGH 3: These "level" classes progress according to syllabi which all of our teachers follow. It is suggested that you attend the full quarter in sequence to benefit fully. Each level introduces a new group of postures that is not necessarily more difficult. Higher levels are more detailed or more subtle and build upon the previous level's materials.

Level 1: Introductory class for students new to yoga or new to the Iyengar method. Introduces standing postures, standing forward bends, twists, and shoulder balance.

Level 1-2: This class is a mixed-level class for continuing Level 1 students. It is not necessary to attend level 1-2 classes before moving to level 2. *Prerequisite: Full quarter Level 1.*

Level 2: This class introduces more complex standing postures, headstand, backbends and inversions. *Prerequisite: 6-9 months Level 1 or equivalent Iyengar method experience.*

CLASS DESCRIPTIONS (Continued)

Align the Spine: Supportive and active postures to correct spinal misalignments and to integrate movements of the spine with the arms and legs.

Hips & Low Back: This class will teach a series of postures aiming at full mobility and essential stability of the hip joints. Excellent for those with back and spine issues.

Neck & Shoulders: Variations of postures to open the neck, upper back and shoulders and to prepare students for challenging classic asanas such as handstands, headstands and shoulder stands. All levels welcome.

Practice Challenge: Ready to integrate what you've learned in your Level 1 course into your personal practice? This rigorous group practice will run the entire Intro Level 1 syllabus with timed holds of each posture. The instructor will lead the practice supplemented by video projections created especially for this course. The sequence will move quickly compared to most Level classes. Sanskrit vocabulary, yoga anatomy and detailed instruction on one pose will be covered each week. Excellent for those interested in teaching, certification, or simply a more athletic and active practice. *Prerequisite: Full quarter Level 1.*

Pranayama: Rest and breathe in supported postures to alleviate fatigue, reduce stress and tension, fortify the immune system, recover from illness and connect the body, mind and spirit. Wear warm, comfortable clothing.

Restorative: For therapy students and students of all levels, including beginners. This class will introduce breathing/pranayama and supported, restorative postures designed for deep rest and healing.

Supported Asana: These classes use props (blocks, chairs, blankets, belts) to support every unique body to gain maximum benefits from the poses. Props allow deeper and longer holds of poses to correct misalignments, build strength and develop the breath. Excellent for beginners, those fearful of beginning, and those with stiffness in the body.

Twists! Learn the mechanics of these seminal poses to reduce neck and back pain and tone the waistline. This fun, accessible, but challenging course will cover twists in backbends, forward bends, standing and seated poses, and inversions.

50+ Level 1: This class is appropriate for beginning and continuing students who may need additional time and support to move into and out of postures. It is geared to those with less flexibility. Students under 50 are welcome.

Yoga Therapy: These classes are for beginners or continuing students recovering from injury or illness. Each student practices an individualized sequence designed according to the student's specific needs. *Contact Sara at 412-401-2162 if interested in joining this class.*