



**Special Discounts**

We strive to make yoga accessible to everyone. **Wednesdays at 6:00pm is we offer a class by donation.** 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.<br><b>Pranayama &amp; Chest Openers</b><br>Paul | 7:00 - 8:30 a.m.<br><b>Supported Asana: Inversions &amp; Backbends</b><br>Paul | 8:30 - 10:00 a.m.<br><b>Level 1</b><br>Maureen          |   |
| 9:30 - 11:00 a.m.<br><b>Supported Asana</b><br>Christina   |  |   |  | 9:30 - 11:00 a.m.<br><b>Twists!</b><br>Christina                               | 10:00 - 11:30 a.m.<br><b>Supported Asana Kit</b>        |   |
| 11:00 a.m. - 1:00 p.m.<br><b>Open Practice</b>  | 10:30 - Noon<br><b>Yoga for 50+</b><br>Diane           | 10:30 - Noon<br><b>Align the Spine</b><br>Christina   | 10:30 - Noon<br><b>50+ Level 1</b><br>Diane                      |  |   | 10:30 a.m. - Noon<br><b>Practice Challenge</b><br>Christina/Annette  |
|  | Noon - 1:30<br><b>Level 2</b><br>Sara                  | 12:00 - 1:00 p.m.<br><b>Pranayama &amp; Shoulder Openers</b><br>Sara  | Noon - 1:30 p.m.<br><b>Restorative</b><br>Diane                  |  | Noon - 1:30 p.m.<br><b>Neck &amp; Shoulders</b><br>Paul | Noon - 1:30 p.m.<br><b>Level 1-2 (No Beginners)</b><br>Christina/Annette  |
|  | 1:30 - 3:00 p.m.<br><b>Yoga Therapy</b><br>Sara        |   |  |  | 1:30 - 3:00 p.m.<br><b>Restorative</b><br>Paul          | <b>Sunday Workshops</b><br>See workshop listings on reverse side & online   |
| 5:30- 7:00 p.m.<br><b>Level 1</b><br>Christina   | 5:30 - 7:00 p.m.<br><b>Hips &amp; Low Back</b><br>Sara | 6:00 - 7:30 p.m.<br><b>Supported Level 1</b> <br>Christina | 6:00 - 7:30 p.m.<br><b>Level 2</b><br>Christina                  |  |   |   |
| 7:00 - 8:30 p.m.<br><b>Level 1-2</b><br>Christina  |  |   |  |  |   |   |

**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.*