

BODYMIND YOGA SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30		LEVEL I/II			
9AM		8:15- 10:00			
10AM					
11AM					
12AM		INTRO			
1PM		11:45 -1:00			
2PM					
3PM					
4PM					
4:30					
5PM	LEVEL I / II			LEVEL I	
6PM	5:30-7:15			5:00-6:30	
6:30					
6:45				INTRO	
7PM				6:45-8:00	
8PM					
8:35					

Class Fees \$10.00 / class Pay monthly \$15.00 Drop In

Description of Class Levels

Introductory – 8 week sessions; This class is for students new to yoga and new to the Iyengar method. Basic standing and other fundamental poses are introduced.

Ongoing Beginner – Continuation of the Introductory Series and focuses primarily on standing poses, simple seated poses and introduction to the Sarvangasana cycle. New students will be accommodated however I strongly encourage you to attend at least one session of the Introductory Series.

Level I – Ongoing class for those who have attended at least two months of the Introductory class. Basic poses are refined, new poses, including shoulder stand and some backbends will be added. Many students take this level several times before progressing to the next level.

Level II – Ongoing class for students who have been taking Level 1 for some time and who would like a deeper study of the poses and more vigorous work in general. More of all the intermediate poses & head balance, Sirsasana, will be added and refinements of basic poses continued.

- Please wear shorts or foot-less tights, bare feet and empty stomach.
- No baggy pants or heavy perfumes.
- Missed classes may be made up during the month.
- No carry-over of fees from month to month. No refunds.
- **Drop-in Policy:** Single-class drop-ins are permitted only if you are currently enrolled or have taken classes at BodyMind in the last year, or are an Iyengar yoga student from out of town. Drop in Rates; \$15.00