



# The Body Mind Center

218.998.3885

200 W Lincoln Ave. Fergus Falls, MN

800.303.6937

## Iyengar Yoga Class Registration

Print, fill out and drop off at The Body Mind Center

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Class:        \_\_\_\_\_ INTRO        Monday 7:00pm-8:15pm  
                 \_\_\_\_\_ INTRO        Tuesday 11:45am-1:00pm  
                 \_\_\_\_\_ INTRO        Thursday 6:15pm-7:45pm  
                 \_\_\_\_\_ LEVEL I        Thursday 4:30pm-6:00pm  
                 \_\_\_\_\_ LEVEL I/II        Monday 5:15pm-6:45pm  
                 \_\_\_\_\_ LEVEL I/II        Tuesday 8:30am-10:00am

### Description of Class Levels

**Introductory - 1:15 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.

**LEVEL I - 1:30** 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 - 1:30** Ongoing class for students who have been taking Level I 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 and head balance, Sirsasana, will be added and refinements of basic poses continued.

Class Fees \$10/class, paid monthly.

### NOTE:

- Please wear shorts or footless tights, and to work in bare feet and an empty stomach. No baggy pants or heavy perfumes.
- Missed Classes may be made up during the month.
- No carry-over 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 The Body Mind Center in the last year, or are an Iyengar yoga student from out of town. Drop-in rates: \$15/class