

# FALL 2018 CLASSES

MON	TUES	WED	THURS	FRI	SAT	SUN
9:45-11:00AM <b>GENTLE/LEVEL 1</b> Lynne Swenson  WRC (upper hall)	10-11:30AM <b>LEVEL 1-2</b> Inga Norkute  CHCC			10-11:30AM <b>LEVEL 1,2,3</b> Sharoni Fixler  CHCC	9:30AM-NOON <b>LEVEL 3-4</b> Sharoni Fixler  WRC (upper hall) *9:30-10AM PHILOSOPHY	10-11:30AM <b>STRENGTH &amp; CORE</b> Sharoni Fixler  CHCC
6-7:15PM <b>LEVEL 1 (BEGINNERS)</b> Deanna Oliphant  CHCC			5:30-7PM <b>LEVEL 1-2</b> Sharoni Fixler  CHCC		10-11:30AM <b>LEVEL 1-2</b> Susannah Horgan Deanna Oliphant  WRC (lower hall)	11:45AM-1PM <b>GENTLE/LEVEL 1</b> Janet Harvie  CHCC
7:30-9:00PM <b>TRACTIONS &amp; OPENINGS</b> Sharoni Fixler  CHCC						

Iyengar Yoga offers intelligent, transformative practice for students of any age, fitness level and body type to access physical, psychological and spiritual health. Classes focus on strength, flexibility, balance, alignment and concentration. BKS Iyengar's innovative work was developed through more than 75 years of practice and teaching and is steeped in the ancient tradition of Yoga.

*Calgary Iyengar Yoga is here to inspire and nurture practice, learning, development and community through the highest standards of Iyengar yoga.*

VISIT [CALGARIYIENGARYOGA.COM](http://CALGARIYIENGARYOGA.COM)

FOR ADDITIONAL INFO ON CLASSES, WORKSHOPS & RETREATS

Crescent Heights Community Centre  
 Wild Rose United Church  
 New Centre Opening Soon  
 16th Ave North near Centre St.

DEANNA@CALGARIYIENGARYOGA.COM  
 @CALGARIYIENGARYOGA     
 403.457.4070

# CLASS DESCRIPTIONS

Each session will include: standing poses, seated poses, inversions, back bends, and pranayama (breath work).  
First class? Please drop in 15 minutes early to meet the teacher and fill out a student information form.

## GENTLE / LEVEL 1

Take time to stretch, stabilize and balance. Basic postures are taken to restore and invigorate the body and mind. This class is designed for beginners and those who require foundational work with support.

## LEVEL 1

A beginner class for new students and practitioners who would like to develop a solid base. Working with the fundamentals, this class will address mobility, stability, strength and alignment.

## LEVEL 1-2

Basics and beyond. This is a mixed level class for new students who are ready to dive in, practitioners of other methods and experienced Iyengar yoga practitioners who would like to strengthen their foundation.

## LEVEL 1, 2, 3

An all-access class with variations for practitioners to work at their level and go deeper.

## STRENGTH & CORE

Power up your practice the Iyengar way. Vibrant practice working skillfully. Level 1,2,3.

## TRACTIONS & OPENINGS

Special sequences for flexibility, strength and endurance that realign the body and wake up stiff, weak and sore areas intelligently. Rebalance the natural harmony of the body, creating ease and vitality. This innovative practice is designed to bring significant progress in a short period of time. Level 1,2,3.

## LEVEL 3-4

A 2.5 hour seminar, practice and laboratory for depth, finesse and refinements. Access more advanced postures (inversions, balancings, intermediate forward bends and backbends) and various pranayamic (breathwork) practices. Explore the relationship between the practice and the 'big questions' about yoga, spirituality and the human condition. Philosophy text: The Yoga Sutras of Patanjali.

## REGISTRATION RATES

1.25 & 1.5 Hour Classes  
\$20 / class  
(multiplied by # of weeks in the session)

2.5 Hour Class (Level 3-4)  
\$25 / class  
(multiplied by # of weeks in the session)

## DROP-IN RATES

1.25 & 1.5 Hour Classes  
1x Pass | \$25  
10 x Pass | \$200

2.5 Hour Class (Level 3-4)  
1 x Pass | \$30  
10 x Pass | \$250

