



HOUSTON IYENGAR YOGA S • T • U • D • I • O

4916 Main Street, Suite 220, Houston, TX 77002 | www.houstoniyengaryoga.com | 713.527.9100

FALL 2019 • Class Schedule • Sept. 8–Nov. 30

SUNDAY

10:30am–12:00pm • Level 2 • Joyce

4:00–5:30pm • Level 1 • Jimena

MONDAY

11:00am–12:30pm • 50+ class • Constance

6:00–7:30pm • Level 2 • Jimena

TUESDAY

11:00am–12:30pm • Level 2 • Constance

5:45pm–7:15 • Level 2 • Joyce

WEDNESDAY

11:00am–12:30pm • Level 1 • Constance

5:45–7:15pm • Level 2 • Constance

THURSDAY

9:00–10:30am • Level 2 • Constance

11:00am–12:30pm • Pranayama, Dhyana, &
Yoga Philosophy • Constance

5:45–7:15 • Level 1 • Joyce

FRIDAY

6:00–7:30pm • Level 1–2 • Jimena

SATURDAY

7:30–8:15am • Pranayama •

Constance

8:30–10:00am • Level 2 • Constance

10:30am–12:00pm • Level 1 • Joyce

PLEASE NOTE: Regular classes will not be held on the following days:

October 4–6 (Teacher Certification Assessment)

November 15–17 (Workshop with Rebecca Lerner)

November 28 (Thanksgiving Day)

FREE INTRODUCTORY CLASSES September 1–7, 2019

SUN. SEPT. 1

4:00pm–5:30pm
Level 1 Jimena

MON. SEPT. 2

11:00am–12:30pm
50+ Constance

WED. SEPT. 4

11:00am–12:30pm
Level 1 Constance

THURS. SEPT. 5

5:45pm–7:15pm
Level 1 Joyce

SAT. SEPT. 7

10:30am–noon
Level 1 Joyce