



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

4916 Main Street, Suite 220, Houston, TX 77002 | [www.houstoniyengaryoga.com](http://www.houstoniyengaryoga.com) | 713.527.9100

## WINTER/SPRING 2019 • Class Schedule • Jan. 9–Apr. 16

### 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  
7:30pm–9:00pm, • Level 1 • Samantha

### 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  
5:45–7:15pm • Level 1 • Joyce

### Friday

6:00 –7:30pm • Level 2 • Jimena

### Saturday

7:30–8:15am • Pranayama, Level 2 • Constance  
8:30–10:00am • Level 2 • Constance  
10:30am–12:00pm • Level 1 • Joyce

### FREE INTRODUCTORY CLASSES January 2–8, 2019

#### WED. JAN. 2

11:00am–12:30pm  
Level 1 Constance

#### THUR. JAN. 3

5:45pm–7:15pm  
Level 1 Joyce

#### SAT. Jan. 5

10:30am–12pm  
Level 1 Joyce

#### SUN. JAN. 6

4pm–5:30pm  
Level 1 Jimena

#### MON. JAN. 7

11:00am–12:30am  
50+ Constance

#### TUES. JAN. 8

7:30pm–9:00pm  
Level 1 Samantha

REGISTRATION FORM

<p>Name _____</p> <p>Address _____</p> <p>City _____ Zip _____</p> <p>email _____</p> <p>Phone _____</p> <p>Make your check payable to H.I.Y.S. and mail it with this form to: Houston Iyengar Yoga Studio 4916 Main, Suite 220 Houston, TX 7700</p>	<p>FEES FOR THE WINTER/SPRING SESSION, Jan. 9–Apr. 16</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">1 class/week</td> <td style="width: 60%;">14 classes (M,T,W,Th)</td> <td style="width: 20%; text-align: right;">\$224</td> </tr> <tr> <td>1 class/week</td> <td>13 classes (Fri, Sat, Sun.)</td> <td style="text-align: right;">\$208</td> </tr> <tr> <td>2 classes/week</td> <td>28 classes (M,T,W,Th)</td> <td style="text-align: right;">\$420</td> </tr> <tr> <td>2 classes/week</td> <td>27 classes (1 weekday, 1 weekend)</td> <td style="text-align: right;">\$405</td> </tr> <tr> <td>2 classes/week</td> <td>26 classes (Fri, Sat, Sun.)</td> <td style="text-align: right;">\$390</td> </tr> <tr> <td>Pranayama</td> <td>13 classes</td> <td style="text-align: right;">\$104</td> </tr> </table> <table style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="width: 20%;">Day</th> <th style="width: 20%;">Classes</th> <th style="width: 20%;">Time</th> <th style="width: 40%;">Amount</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr> <td colspan="3" style="text-align: right;">Total</td> <td>_____</td> </tr> </tbody> </table>	1 class/week	14 classes (M,T,W,Th)	\$224	1 class/week	13 classes (Fri, Sat, Sun.)	\$208	2 classes/week	28 classes (M,T,W,Th)	\$420	2 classes/week	27 classes (1 weekday, 1 weekend)	\$405	2 classes/week	26 classes (Fri, Sat, Sun.)	\$390	Pranayama	13 classes	\$104	Day	Classes	Time	Amount																	Total			_____
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