



# ABOUT IYENGAR YOGA

Iyengar Yoga is the method developed and taught for over 70 years by world-renowned yoga teacher B. K. S. Iyengar, in Pune, India. B. K. S. Iyengar is the author of the classic *Light on Yoga*, and his method, with its profound understanding of the unity of body, mind and soul, is now taught on six continents and throughout the United States.

Instructors are certified to teach Iyengar Yoga only after years of practice and study, and must pass a rigorous certification assessment.

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## LEVELS/SPECIAL CLASSES

Students new to the Iyengar System must begin their study at Level I. Iyengar Yoga is progressive — fundamentals of alignment and muscle action taught at Level I are essential for safe, balanced, and beneficial performance of poses taught at more advanced levels.

### Level I

For all students new to Iyengar Yoga. Emphasis is on standing poses, though we'll introduce poses from other categories as well.

### Level 2

For students experienced in Iyengar Yoga who are strong in the standing poses and ready to work regularly on backbends and inversions. At least one session at Level I is required.

### 50+

For students older than 50 who would benefit from a slower paced class.

## Pranayama

Pranayama I

Prerequisite: one year of instruction in and home practice of asana in the Iyengar Yoga method. Student must be able and willing to keep up the practice of asana, and practice pranayama daily.

Pranayama II

Prerequisite: Pranayama I, or six months of pranayama practice based on instruction received in the asana classes.

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## POLICIES

### Drop-ins

Students with at least three months of instruction specifically in Iyengar Yoga (see above) may attend Level 2 classes on a drop-in basis.

Drop-ins are not allowed in Level I classes. Beginners must register for an entire session.

\$20 for students not enrolled in any class.

\$16 for students who are enrolled in another class.

**Make-ups:** Students may make up classes they have missed by attending classes of the same level at which they are registered.

**Refunds:** During the first four weeks of the session, when requested, tuition will be refunded minus a \$15 administration fee and \$20 for each class attended. No refunds will be given after the first four weeks.

**NO FEES WILL BE CARRIED OVER INTO FOLLOWING SESSIONS.**