



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

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

## FALL 2017 • Class Schedule • Sept. 4 – Dec. 3

### Sunday

10:30am–12:00pm • Level 2 • Joyce  
4pm–5:30pm • Level 2 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–9pm • 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  
5:45–7:15pm • 50+ • Constance  
7:30–9:00pm • Level 2 • Joyce

### Friday

8:30am–10:00am • Level 2 • Samantha  
4:00pm–5:30pm • Level 1 • Samantha

### Saturday

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

## FREE INTRODUCTORY CLASSES

### MON. AUG. 28

11:00am–12:30pm  
50+ Constance

### TUES. AUG. 29

7:30pm–9pm  
Level I Samantha

### WED. AUG. 30

11:00am–12:30am  
Level I Constance

### FRI. SEPT. 1

4:00pm–5:30pm  
Level I Samantha

### SUN. SEPT. 3

4pm–5:30pm  
Level I Jimena

### THURS. AUG. 31

5:45pm–7:15pm  
50+ Constance

### SAT. SEPT. 2

10:30am–12pm  
Level I Joyce

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 FALL SESSION, Sept. 4–Dec. 3, 2017</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">1 class/week</td> <td style="width: 15%;">13 classes</td> <td style="width: 40%;">(MT or W)</td> <td style="width: 30%; text-align: right;">\$208</td> </tr> <tr> <td>1 class/week</td> <td>12 classes</td> <td>(Th F Sat or Sun)</td> <td style="text-align: right;">\$192</td> </tr> <tr> <td>2 classes/week</td> <td>26 classes</td> <td>(both MT or W)</td> <td style="text-align: right;">\$390</td> </tr> <tr> <td>2 classes/week</td> <td>25 classes</td> <td>(one MT or W, one Th F Sat or Sun)</td> <td style="text-align: right;">\$375</td> </tr> <tr> <td>2 classes/week</td> <td>24 classes</td> <td>(both Th F Sat or Sun)</td> <td style="text-align: right;">\$360</td> </tr> <tr> <td>Pranayama</td> <td>12 classes</td> <td></td> <td style="text-align: right;">\$ 96</td> </tr> <tr> <td>Day</td> <td>Classes</td> <td>Time</td> <td style="text-align: right;">Amount</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>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td colspan="3" style="text-align: right;">Total</td> <td>_____</td> </tr> </table>	1 class/week	13 classes	(MT or W)	\$208	1 class/week	12 classes	(Th F Sat or Sun)	\$192	2 classes/week	26 classes	(both MT or W)	\$390	2 classes/week	25 classes	(one MT or W, one Th F Sat or Sun)	\$375	2 classes/week	24 classes	(both Th F Sat or Sun)	\$360	Pranayama	12 classes		\$ 96	Day	Classes	Time	Amount	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Total			_____
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# 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 1. Iyengar Yoga is progressive — fundamentals of alignment and muscle action taught at Level 1 are essential for safe, balanced, and beneficial performance of poses taught at more advanced levels.

### Level 1

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 1 is required.

### 50+

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

### Pranayama, continuing

Prerequisite: 1 year of pranayama study and practice, continuing study and practice of asana.

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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 1 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.**

# REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

email \_\_\_\_\_

Phone \_\_\_\_\_

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Houston, TX 77002

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Pranayama	12 classes		\$ 96
Day	Time	Teacher	Amount

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Total

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