

# JULY 5 – SEPTEMBER 4, 2010 DAILY SCHEDULE

TIME	LEVEL	FACULTY
8:00 - 9:30 am	1	Richard Jonas
9:45 - 11:30 am	Women's	Bobby Clennell*
10:30 am - 12:00 pm	2	Dmitri Shapira
12:00 - 1:30 pm	Breast Health**	Bobby Clennell*
12:15 - 1:45 pm	1	Naghmeh Ahi
2:00 - 3:30 pm	2	Matt Dreyfus
3:15 - 5:00 pm	3	Carrie Owerko
5:00 - 6:30 pm	1	Matt Dreyfus
5:30 - 7:00 pm	2	Hugh Millard
6:45 - 8:30 pm	3	James Murphy
7:30 - 9:00 pm	1	Tamar Kelly*

TIME	LEVEL	FACULTY
8:00 - 9:30 am	1	Hugh Millard
8:15 - 9:45 am	2	Marcela Clavijo
12:00 - 1:30 pm	1	Tori Milner
12:15 - 2:15 pm	4	Gardiner/Myers†
1:45 - 3:15 pm	2	Carolyn Christie
5:15 - 6:45 pm	1	Carolyn Christie
5:30 - 7:15 pm	3	Matt Dreyfus
7:00 - 8:30 pm	2	Carrie Owerko
7:30 - 9:00 pm	1	James Murphy

TIME	LEVEL	FACULTY
8:00 - 9:45 am	3	Bobby Clennell*
8:15 - 9:45 am	Restorative/Pranayama	Carolyn Christie
10:00 - 11:30 am	2	Lindsey Clennell
11:00 am - 12:30 pm	1	Carolyn Christie
12:15 - 1:45 pm	2	Brooke Myers
2:30 - 4:00 pm	2	Lara Brunn*
4:00 - 5:30 pm	1	Dmitri Shapira
5:30 - 7:00 pm	Pranayama	Brooke Myers
5:45 - 7:15 pm	2	Anna Golfinopoulos
7:15 - 8:45 pm	2	Marcela Clavijo
7:30 - 9:00 pm	1	Tori Milner

TIME	LEVEL	FACULTY
8:00 - 9:30 am	2	Michelle LaRue
9:45 - 11:30 am	3	Lara Brunn*
10:15 - 11:45 am	1	Matt Dreyfus
12:00 - 1:30 pm	2	Anna Golfinopoulos
1:15 - 2:45 pm	1	Richard Jonas
1:45 - 3:15 pm	Specific Needs	Myers/Murphy
3:00 - 5:00 pm	4	Carrie Owerko
3:30 - 5:00 pm	Gentle	Dmitri Shapira

\* These teachers will be on leave for a portion of the summer term. See our Website [www.iyengarnyc.org](http://www.iyengarnyc.org) for details on substitute teachers.

† We are pleased Kevin Gardiner will be teaching the 12:15pm Tuesday class in July. He will focus on exploring the *Prana Vayus*.

\*\* There is no fee for this class

TIME	LEVEL	FACULTY
5:15 - 6:45 pm	2	James Murphy
5:30 - 7:15 pm	3	Carolyn Christie
7:00 - 8:30 pm	1	Lara Brunn*
7:30 - 9:00 pm	2	Brooke Myers

TIME	LEVEL	FACULTY
8:00 - 9:30 am	1	James Murphy
8:15 - 9:45 am	2	Bobby Clennell*
9:45 - 11:30 am	3	Brooke Myers
10:00 - 11:30 am	2	Anna Golfinopoulos
12:00 - 1:30 pm	HIV**	James Murphy
12:30 - 2:15 pm	3	Genny Kapuler*
1:30 - 2:45 pm	Sutra Study**	Shaida/Faculty
2:15 - 3:45 pm	2	Judith Isaacs
2:30 - 4:00 pm	1	Michelle LaRue
5:30 - 7:00 pm	2	Hugh Millard
5:45 - 7:15 pm	1	Marcela Clavijo
7:15 - 9:00 pm	Restorative	Bobby Clennell*

TIME	LEVEL	FACULTY
8:00 - 9:45 am	3	James Murphy
8:30 - 10:00 am	2	Tori Milner
10:00 - 11:30 am	1	Carrie Owerko
11:45 am - 1:15 pm	2	Brooke Myers
1:30 - 3:00 pm	1	Lara Brunn*
3:15 - 4:45 pm	2	Marcela Clavijo
4:00 - 6:00 pm	4	Lara Brunn*
5:00 - 6:30 pm	1	Adam Vitolo

TIME	LEVEL	FACULTY
8:15 - 10:00 am	3	Tori Milner
8:30 - 10:00 am	2	Richard Jonas
10:15 - 11:45 am	2	Carrie Owerko
10:30 am - 12:00 pm	1	Naghmeh Ahi
12:15 - 1:45 pm	Prenatal	Bobby Clennell*
4:15 - 5:45 pm	2	Lara Brunn*
4:30 - 6:00 pm	Gentle	Matt Dreyfus
6:00 - 7:30 pm	1	Adam Vitolo
6:15 - 7:45 pm	Pranayama	Richard Jonas

### MEMBERS

Eight Week Course \$135, \$145, \$150 (1.5, 1.75, 2 hours)

Five-Class Card \$90, \$95, \$100 (1.5, 1.75, 2 hours)

Single Class Drop in \$21 each, \$18 if enrolled in a course

### NON-MEMBERS

Eight Week Course \$150, \$165, \$170 (1.5, 1.75, 2 hours)

Five-Class Card \$115, \$120, \$125 (1.5, 1.75, 2 hours)

Single Class Drop in \$25 each, \$21 if enrolled in a course

### SPECIAL INTRODUCTORY OFFER

First-Time Card: 3 classes to be used in a 30-day period \$48

Summer Courses may be purchased from June 21 to July 5 and expire on September 4.

Refunds or extensions are not possible. All course classes must be used by September 4.

Five-class cards purchased July 5, 2010, or after: 5 classes to be used in a 90-day period.

Senior discount: 10%. Cannot be combined with other discounts including member discounts and pricing.

Membership begins at \$65. See our Website [www.iyengarnyc.org](http://www.iyengarnyc.org) for benefits and details.

## GUEST TEACHER WORKSHOP

### Satya Narayana Dasa: The Yoga Sutras of Patanjali

Saturday, July 17 and Sunday, July 18 | 12:00 - 4:00 pm | Non-asana

Pre-registration required.

Satya Narayana Dasa is the founder and director of the Jiva Institute of Vedic Studies. His deep respect for ancient wisdom has motivated him to translate several important works from Sanskrit into English. Dr. Dasa will focus on the first chapter of the Yoga Sutras, *Samadhi Pada*.

Please bring a copy of the Sutras that has the sanskrit text in romanized script.

Saturday, July 17 | 12:00 - 4:00 pm | \$55 members/\$65 non-members

Sunday, July 18 | 12:00 - 4:00 pm | \$55 members/\$65 non-members

Saturday and Sunday | \$85 members/\$95 non-members

## SPECIAL SERIES

Pre-registration required.

### Inversions | Hugh Millard

Fridays, July 16, 23, 30, and August 6 | 7:30 - 9 pm | Level 2 and up.

\$68 members/\$85 non-members

Focus on how to prepare for inversions and how to sequence them in a home practice.

### Neck and Shoulders | Jeanne-Marie Derrick

Tuesdays, August 3, 10, 17, 24 | 3:30 - 5:00 pm | Level 2 and up.

\$68 members / \$85 non-members

Harmonious alignment of the shoulders and pelvis releases the entire spine and opens the heart. Learn to address misalignment in the shoulders that can shorten the spine and hinder freedom in asana practice.

## SUNDAY WORKSHOPS

Sunday Workshops are from 2:00 - 4:00 pm.

Pre-registration | \$25 members/\$35 non-members

Day of workshop | \$30 members/\$40 non-members

### Padmasana | Marcela Clavijo

July 11 Level 2 and up.

The paradigm of yogic posture par excellence, *Padmasana* presents unique challenges. Learn to unfold the pelvis, establish grounded legs, and perform the pose from the hips, keeping the knees safe.

### In Pursuit of Effortless Effort | Brooke Myers

July 25 Level 2 and up.

We are told in the Yoga Sutras that eventually the poses become effortless, but what exactly does that mean? We will explore the possibilities.

### Deep Hip and Groin Release | Carrie Owerko

August 1 Level 2 and up.

Summertime is the perfect time to increase mobility and freedom in your hips.

### Fundamentals of Arm Balances | Hugh Millard

August 8 Level 3 and up.

Focus on ways to prepare for and do the beginning arm balances: *Lolasana*, *Eka Hasta Bhujasana*, *Bhujapidasana*.

### Ropes | Adam Vitolo

August 15 Level 2 and up.

The ropes open vast possibilities for creating freedom in all categories of asanas.

*Teachers donate these Sunday Workshops to support the mission of the Iyengar Yoga Association of Greater New York, a non-profit association.*

## FOR THOSE NEW TO IYENGAR YOGA

### Introductory Classes

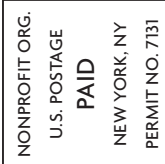
Richard Jonas | Saturday, July 10 | 10:15 - 11:45 am | \$15

Hugh Millard | Sunday, August 1 | 12:00 - 1:30 pm | \$15

### Introductory Series

Richard Jonas | Saturdays, July 17, 24, 31, August 7 | 10:15 - 11:45 am | \$72

Pre-register in person or by telephone at 212.691.9642.



IYENGAR YOGA  
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## SUMMER SCHEDULE July 5 - September 4, 2010

### HOLIDAY CLOSINGS

The Iyengar Institute of New York will be closed on the following days preceding and following the Summer Term:

Sunday, July 4

Sunday, September 5

Monday, September 6

There will be a modified class schedule August 27-29. Please check our Website.