

SEPTEMBER 7 – DECEMBER 31, 2010 DAILY SCHEDULE

Monday

TIME	LEVEL	FACULTY
8:00 - 9:30 am	1	Richard Jonas
9:45 - 11:30 am	Women's	Bobby Clennell
10:30 - 12:00 pm	2	Dmitri Shapira
12:00 - 1:30pm	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	Lucienne Vidah

Tuesday

8:00 - 9:30 pm	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	James Murphy
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

Wednesday

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 - 12:30 pm	1	Carolyn Christie
12:15 - 1:45 pm	2	Brooke Myers
2:00 - 3:45 pm	3	Tori Milner
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 Golfopoulos
7:15 - 8:45 pm	2	Marcela Clavijo
7:30 - 9:00 pm	1	Tori Milner

Thursday

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 Golfopoulos
1:15 - 2:45 pm	1	Richard Jonas
1:45 - 3:15 pm	Specific Needs	Myers/Murphy

Thursday

TIME	LEVEL	FACULTY
3:00 - 5:00 pm	4	Carrie Owerko
3:30 - 5:00 pm	Gentle	Dmitri Shapira
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

Friday

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 Golfopoulos
12:00 - 1:30 pm	HIV **	James Murphy
12:30 - 2:15 pm	3	Genny Kapuler
2:15 - 3:30 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

Saturday

8:00 - 9:45 am	3	James Murphy
8:30 - 10:00 am	2	Jeanne-Marie Derrick*
10:00 - 11:30 am	1	Carrie Owerko
11:45 - 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

Sunday

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 - 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	Restorative/Pranayama	Jeanne-Marie Derrick*

- * Teacher will be on leave for a portion of the fall term.
 ** No fee class.

NONPROFIT ORG.
 U.S. POSTAGE
 PAID
 NEW YORK, NY
 PERMIT NO. 7131

150 W. 22nd Street, 11th Floor
 New York, New York 10011
 Tel: 212.691.9642
 www.iyengaryoga.org

Forward and Address Correction

FALL 2010 SCHEDULE September 7 - December 31, 2010

HOLIDAY CLOSINGS/SCHEDULE CHANGES

Thursday, November 25, Thanksgiving Day – Closed
 Friday, December 24, Christmas Eve – 4:00 pm Early Closing
 Saturday, December 25, Christmas Day – Closed
 Friday, December 31, New Year's Eve – 4:00 pm Early Closing
 Saturday, January 1, 2011, New Year's Day – Closed

Class schedules will be modified October 8-11. Please check our Web site for specifics.

IYENGAR YOGA
 INSTITUTE OF NEW YORK
 ASSOCIATION OF GREATER NEW YORK

September 7 - December 31, 2010

WELCOME TO THE IYENGAR YOGA INSTITUTE OF NY

WHO WE ARE

The Iyengar Yoga Institute of New York is the primary initiative of the Iyengar Yoga Association of Greater New York (IYAGNY), a nonprofit organization. The Iyengar method of yoga provides practical tools for physical, mental and spiritual well-being. Classes at all levels are taught by highly qualified, dedicated teachers. To learn more about the tradition and benefits of Iyengar Yoga, see our Web site at www.iyengarnyc.org or visit us to talk with our teachers and staff.

STUDY AT THE INSTITUTE

The Institute offers daily classes, courses, series, and workshops. Multi-class cards and course study offer affordable prices and flexibility of schedule. IYAGNY membership discounts make study even more accessible. This brochure includes descriptions and fee information for the Institute's diverse fall 2010 schedule.

- All props, including mats, are provided for classes.
- Wear shorts or footless tights. Clothes that allow for ease in movement but are not baggy are ideal. No heavy jewelry and no perfume, please.
- Come to class with an empty stomach.
- Arrive ten to fifteen minutes before your class begins. Students arriving fifteen minutes after a class begins cannot be admitted.

INTRODUCTORY OFFERS FOR NEW STUDENTS

We encourage new students to attend an Introductory Series to become familiar with the fundamentals of yoga postures and the Iyengar method or to take a specially priced one-session Introductory Class to get a feel for the basics. Introductory Classes and Series are for new students only. Pre-registration is required.

INTRODUCTORY CLASSES

Sundays, 12:00 - 1:30 pm \$15 per class
 September 12 Tori Milner
 October 3 James Murphy
 November 7 Dmitri Shapira
 December 5 Hugh Millard

INTRODUCTORY SERIES

An Introductory Series is the perfect preparation for progression to Level 1 study.
 Saturdays, September 11, 18, 25 and October 2 10:15 - 11:45am,
 Tori Milner, Four weeks \$72
 Saturdays, November 20, 27, and December 4, 11, 18 2:15 - 3:45pm,
 Dmitri Shapira, Five weeks \$90

MEMBERSHIP

The Iyengar Yoga Association of Greater New York (IYAGNY) is a 501(c)(3) not-for-profit association dedicated to the teaching of Iyengar Yoga embodying the highest standards of a transformational practice. You can support the IYAGNY mission, and enjoy the benefits of that support, by becoming a member. Members pay significantly reduced prices on all courses, series, workshops, and classes and receive a 10% discount on clothing, props, and books. Your IYAGNY dues are shared with the Iyengar Yoga National Association of the United States (IYNAUS) and you are automatically enrolled in the National Association when you become an IYAGNY member.

Membership is for the calendar year and begins at the \$65 level. Memberships are tax-deductible. Our Web site outlines the benefits available at all membership levels and staff will be glad to answer any questions you may have.

PRICES

Fall term **September 7 - December 31**

COURSES

Fall course enrollment is available from August 24 through September 28.

Course purchases are valid September 7 through December 31, 2010.

Course classes not used by December 31 cannot be credited or applied to future terms.

Courses allow a student to work with a single teacher at a set time weekly. They are an excellent way to focus and develop your practice physically and mentally. Make-up classes are possible within the term. Students enrolled in courses also receive discounts on drop-in rates.

14 WEEK FALL COURSE 14 classes

Members 1.5 hours **\$235**, 1.75 hours **\$250**, 2 hours **\$265**

Non-members 1.5 hours **\$265**, 1.75 hours **\$285**, 2 hours **\$300**

CLASSES

Five-Class Card Valid for 90 days from first use.

Members 1.5 hours **\$90**, 1.75 hours **\$95**, 2 hours **\$100**

Non-members 1.5 hours **\$115**, 1.75 hours **\$120**, 2 hours **\$125**

Drop-In Class

Members **\$21; \$18** if enrolled in a course

Non-members **\$25; \$21** if enrolled in a course

SPECIAL FIRST-TIME VISITOR CARD Valid for 30 days from first use. Three 1.5 hour classes **\$48**

SERIES AND WORKSHOPS See descriptions for pricing.

ADDITIONAL SAVINGS

Membership Benefits include significantly reduced prices on all courses, workshops, and classes, as well as a 10% discount on clothing, props, and books. The Iyengar Yoga Association of Greater New York is a nonprofit association and membership dues are tax deductible to the extent allowed by law.

Senior Discount For those 65 and over. Seniors receive 10% discount on non-member fees for courses, classes, series, and workshops, as well as on props, clothing and books. Senior discount does not apply to membership dues and cannot be combined with other discounts including members' rates on courses, classes, series, and workshops.

WHICH CLASS IS RIGHT FOR ME?

Introductory Series and Classes acquaint students new to the Iyengar method with the fundamentals of yoga postures and lay a foundation for a progressive practice. We encourage students without experience in Iyengar Yoga to take an Introductory Class or Series. Pre-registration is required.

Level 1 The basis of the Iyengar Yoga method is taught in standing poses, shoulder stand, and other fundamental postures. While we recommend that students unfamiliar with Iyengar Yoga take an Introductory Class or Series, it is not required; new students may attend Level 1 classes.

Level 2 For students who are well practiced in Level 1 postures, including *Salamba Sarvangasana* (shoulder stand). Basic postures are refined and *Sirsasana* (headstand), full arm balance, backbends, and *Pranayama* are introduced.

Level 3 For students with substantial Iyengar Yoga training who are strong in standing postures, able to do *Sirsasana* with confidence for five minutes, and can push up into *Urdhva Dhanurasana*. *Sirsasana* variations, intermediate postures, and seated *Pranayama* are taught. Independent practice should be well established.

Level 4 For students with substantial Iyengar Yoga training who can hold *Sirsasana* for ten minutes, balance in *Sirsasana* 2 and practice independently. Advanced work in *Asana* and *Pranayama* is taught.

Gentle A more moderately paced, less rigorous class for new and continuing students.

HIV+ Postures appropriate for people living with HIV/AIDS.

Pranayama The practice of breath awareness and modification.

Prenatal Emphasis on postures that strengthen the pelvic muscles and reproductive system and maintain physical and mental well-being during pregnancy.

Restorative Rejuvenating and supported postures that restore the nervous system and dismantle chronic tension. Six months experience required.

Women's Emphasis on postures for the physical and psychological well-being of women.

Yoga for Breast Health Specifically tailored to the physical, psychological and emotional needs of breast cancer survivors including those undergoing treatment. The class is offered free of charge. Please leave time before your first session to complete a brief questionnaire.

Specific Needs Safe and effective yoga programs for students who have injuries, chronic conditions or other individual needs. Space is limited. An application, available on request, must be submitted for review in advance of registration.

Individual Instruction Available by appointment. \$150 for a one-hour, onsite session. For information or to request an individual session, e-mail info@iyengarnyc.org

www.iyengarnyc.org | 212.691.9642

SPECIAL EVENTS

COMMUNITY NIGHTS

Saturdays, September 18, November 20 7:00 pm No fee

Opportunities to join others for yoga films and lively discussions led by Iyengar Yoga teachers. Please check our Web site for details.

WATCH ME DO YOGA

Sunday, December 5 2:00 - 3:00 pm

\$25 each for children accompanied by a member /\$35 each for children

accompanied by a non-member.

A fun and instructive session for 4-8 year olds. Celebrate the publication of WATCH ME DO YOGA with author/artist and senior Iyengar Yoga teacher Bobby Clennell. Bobby will introduce youngsters to the yoga-practicing heroine of her newest book. The session includes a book signing and each participating child will receive a personally signed copy of the book.

IYAGNY ANNUAL MEETING, B.K.S. IYENGAR BIRTHDAY CELEBRATION

Sunday, December 12 2:00 - 4:00 pm No fee

Join us for a celebration of the birth of our Guruji and participate in our Annual Meeting. We'll review 2010 activities and share plans for the future. The afternoon's activities will be preceded by a free class for members at the Vrksasana level or higher.

GUEST TEACHERS WORKSHOPS

STEPHANIE QUIRK

Friday, October 8 - Monday, October 11

A workshop for certified teachers.

Stephanie Quirk, a New Zealand native, now lives in Pune, India, where she has studied with the Iyengar family for nearly twenty years. She has developed a six-part therapeutic curriculum for certified teachers, which will be offered at the Iyengar Yoga Institute of New York over the next four years. Each of the six parts must be taken sequentially. The initial segment offered this October is the introduction to the entire course. It includes a required two-session class in experiential anatomy, Anatomy – Demystify the Appendicular Systems: Hips and Shoulders, taught by noted teacher Laura Antelmi. The anatomy course is also open to students at all levels.

Certified Teachers Only

Friday, October 8 and Saturday, October 9 10:30 am - 1:30 pm, 3:30 - 6:30 pm

Sunday, October 10 10:30 am - 1:30 pm, 3:30 - 6:30 pm

Monday, October 11 8:30 - 11:30 am, 1:00 - 4:00 pm

All Levels

Friday, October 8 and Saturday, October 9 7:00 - 8:30 pm

Anatomy – Demystify the Appendicular System: Hips and Shoulders with Laura Antelmi.

Pre-registration is required. Complete information about teacher certification requirements and fees, including cancellation policy, is available on our Web site. Information about Anatomy – Demystify the Appendicular System: Hips and Shoulders, open to students at all levels, is also on the Web site.

EDWIN BRYANT: THE BHAGAVAD GITA

November 13 - 14 Non-asana

We are pleased to welcome Edwin Bryant back to the Institute for study of the Bhagavad Gita. Edwin holds a Ph.D. in Indic languages and cultures, and teaches at Rutgers University. The Bhagavad Gita is one of the most important spiritual texts in all of human culture. Edwin's experience as a scholar and practitioner of the teachings of the Gita make this an exceptional opportunity for deep learning. Please bring a copy of the Bhagavad Gita which has the Sanskrit text in Romanized script.

Saturday, November 13 12:00 - 4:00 pm, 6:30 - 8:30 pm

\$85 members/\$100 non-members

Sunday, November 14 12:00 - 4:00 pm

\$55 members/\$70 non-members

Saturday and Sunday, November 13-14

\$110 members/\$135 non-members

www.iyengarnyc.org | 212.691.9642

SPECIAL SERIES

Pre-registration recommended

Home Practice | Carolyn Christie

Saturdays, September 11, 18, 25, October 2 2:15 - 3:45 pm Level 2 and up

\$68 members/\$85 non-members

Getting started, staying motivated and developing sequences of postures appropriate to your level. Gain the knowledge and confidence to build your daily home practice.

Iyengar Yoga for Veterans | Faculty

Saturdays, September 11, 18, 25, October 2, 16, 23, 30, November 6, 20, 27,

December 4, 11 (No classes October 9, November 13) 12:00 - 1:30 pm All Levels

No Fee

This 12-class series was created for veterans who have recently served in the U.S Armed forces. If you have a concern about physical limitations, phone us to talk with one of the teachers.

Yoga in American Sign Language | Jennifer Kagan

Mondays, September 13, 20, 27, October 4, 18, 25, November 1, 15, 22, 29

(No classes October 11, November 8) 6:00 - 7:30 pm All Levels

\$180

A 10-class series in the fundamentals of Iyengar Yoga conducted in American Sign Language. The class is appropriate for those fluent in sign language. Deaf students are given priority. Registration limited to 10 students.

Fundamentals of Sanskrit: Asana of the Tongue | Leslie Freyberg

Thursdays, September 16, 23, 30, October 7, 14, 21 3:00 - 5:00 pm

\$200 members/\$250 non-members

Sanskrit is the language of yoga. Learn to pronounce every sound of the Sanskrit language through chanting the 48 letters of its alphabet. The Yoga Sutras of Patanjali and other sacred texts from Indian literature as well as names of yogic postures will be used for practice in pronunciation. No previous knowledge of Sanskrit is necessary.

Introduction to Level 2 | Dmitri Shapira

Saturdays, October 16, 23, 30, November 6 2:15 - 3:45 pm

\$68 members/\$85 non-members

An introduction to postures practiced in Level 2, such as *Sirsasana* (head stand), *Adho Mukha Vrksasana* (hand stand), back bends and *Pranayama*. For students with a solid foundation in standing postures and *Savngasana* (shoulderstand).

Back Care | Michelle LaRue

Saturdays, October 16, 23, 30, November 6 10:15 - 11:45 am All Levels

\$68 members/\$85 non-members

Practice postures that promote a healthy back and spine, encouraging good posture and alignment.

Philosophy Study Group | Julia Shaida and Faculty

Sundays, September 19, October 17, November 21, December 19 12:00 - 1:30pm

No Fee

An excellent way to begin your study and to deepen your understanding of yoga philosophy. Explore the philosophical and personal import of specific aphorisms of the Yoga Sutras of Patanjali. Advance registration is not required.

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

From the Ground Up | Richard Jonas

September 12 All Levels

Work from the base to create balance, strength and flexibility. Gain an understanding of the principles required to progress in your *Asana* practice.

Abdominal Toning | Carolyn Christie

September 19 Level 2 and up

A toned abdomen is essential to good posture and a healthy back. The abdominal *Asanas* (*Navasana*, *Urdhva Prasrita Padasana*, etc.) create stability in the lower trunk.

Hip and Groin Opening | Michelle LaRue

September 26 Level 2 and up

By creating mobility in the hips and groins we free the energy that is locked in the pelvis, accessing a sense of space, movement and well-being.

www.iyengarnyc.org | 212.691.9642

Psoas Stability | Jeanne-Marie Derrick

October 3 Level 2 and up

The psoas is a primary stabilizing muscle. It guides the transfer of weight from the spine through the pelvis into the legs. Explore ways to be centered and grounded through deeper awareness.

Asana and Meditation | Matt Dreyfus

October 17 All Levels

Meditation is the heart of yoga. Explore how the different categories of *Asanas* contribute to optimum meditative posture and clarity of mind.

The Way to Lotus Pose | Naghmeh Ahi

October 24 Level 3 and up

Explore a variety of *Asanas* to bring you closer to the openings required for *Padmasana*.

Backbending 101 | Adam Vitolo

October 31 Level 2 and up

Learn how the sections of the spine work together and how to organize them to create healthy extension of the spine.

Anatomy of the Neck and Head | Genny Kapuler

November 7 All Levels

Experience how the knowledge of anatomy creates a link to organize more deeply the practice of *Asana*.

Tune In and Drop Back | Lara Brunn

November 21 Level 3 and up

From a base of stability in inverted postures, build the confidence and skill to drop back from *Sirsasana* with ease and grace.

Defying Gravity | Tori Milner

November 28 All Levels

A post-Thanksgiving practice designed to invigorate, detoxify and restore lightness to the body and mind.

Watch Me Do Yoga | Bobby Clennell

December 5 For children ages 4-8

See Special Events for details of this fun and instructive adventure for you and your favorite youngsters.

Pratyahara | Dmitri Shapira

December 19 Level 2 and up

As our practice deepens we find our relationship to the pull of the outer world changing. We will learn more about our senses and how we can work with them to live in a more tranquil, steady state.

Teachers donate Sunday Wokshops to support the mission of the Iyengar Yoga Association of Greater New York, a nonprofit association.

How to support The Iyengar Yoga Association of Greater New York

You probably know that the Iyengar Yoga Institute of New York is part of the not-for-profit Iyengar Yoga Association of Greater New York (IYAGNY), but you may not realize that the work of the Association and the Institute is largely dependent on our members and donations from supporters.

You can support the IYAGNY mission by

· **Becoming a member**
Please see membership information in this brochure and on our Web site.

· **Making a contribution to IYAGNY**
Contributions support our teacher training and continuing education programs; they help underwrite free programs such as classes for women recovering from breast cancer, people living with HIV, and veterans who have served in recent conflicts.

· **Making a contribution to the Mary Dunn Fund**
Mary Dunn, a much loved Iyengar Yoga teacher who died of cancer in 2008, was instrumental in the creation of IYAGNY and the New York Institute. Donations to the fund established in her memory will be used to perpetuate her vision in practical ways including training the next generation of teachers and enhancing instructional opportunities for teachers and students.

www.iyengarnyc.org | 212.691.9642