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IYENGAR YOGA  
ASSOCIATION OF GREATER NEW YORK  
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# IYENGAR YOGA INSTITUTE OF NEW YORK 2011 FALL SCHEDULE SEPTEMBER 5 – DECEMBER 31

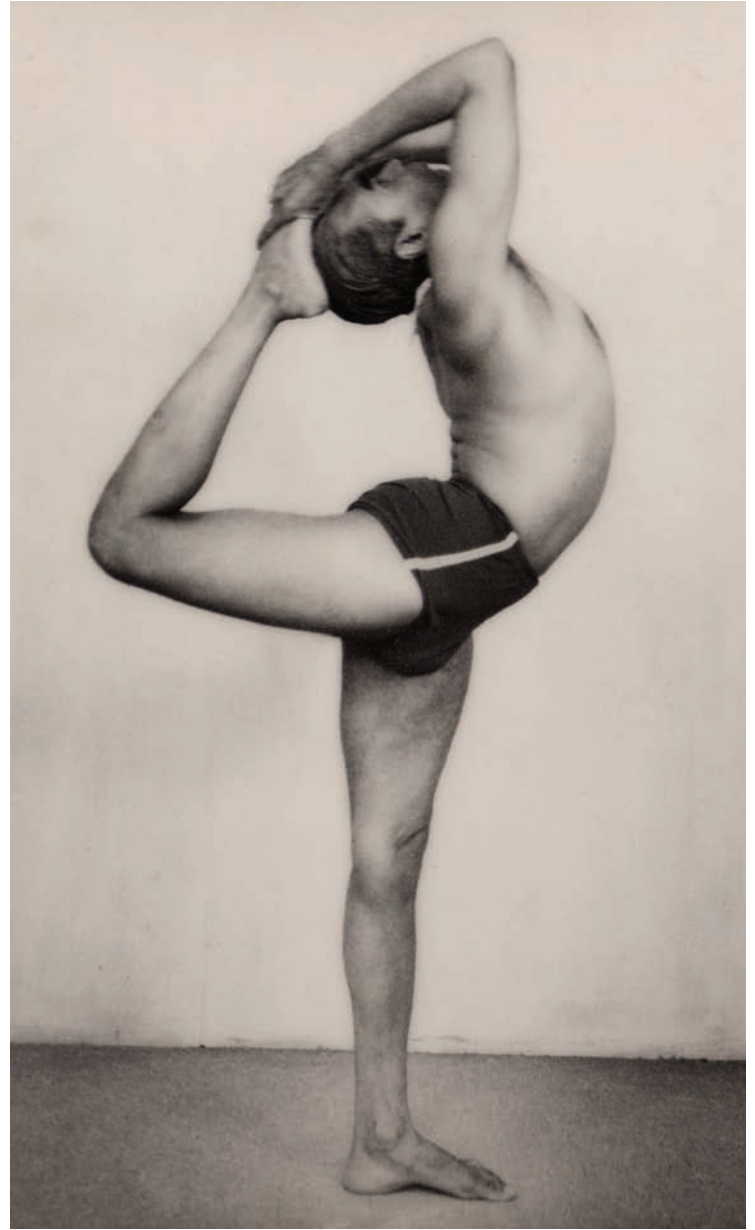
## September is Yoga Month Bring a Friend for Free

In recognition of this national observance designated by the U.S. Department of Health & Human Services, all current IYAGNY members are invited to **Bring a Friend for Free\*** to classes on the following five days:

September 1, Thursday	September 20, Tuesday
September 7, Wednesday	September 30, Friday
September 12, Monday	

\*Friends must be accompanied by a current IYAGNY member and be a first time visitor to the Institute.

# IYENGAR YOGA INSTITUTE OF NEW YORK 2011 FALL SCHEDULE SEPTEMBER 5 – DECEMBER 31



B.K.S. Iyengar in Natarajasana

*“The mind must not stop  
at one point and say, that is enough.  
It must go further;  
the Self must be everywhere.”*

B.K.S. Iyengar

# Daily Class Schedule | September 5 – December 31, 2011

Key to Levels: ■ 1 ■ 2 ■ 3 ■ 4

## Monday

Time	Level	Faculty Member	Studio
8:00 – 9:30 am	<span style="color: blue;">■</span> 1	Richard Jonas	West
9:45 – 11:30 am	Women's	Bobby Clennell	West
10:30 – 12:00 pm	<span style="color: green;">■</span> 2	Dmitri Shapira	East
12:00 – 1:30 pm	Breast Health*	Bobby Clennell	West
12:15 – 1:45 pm	<span style="color: blue;">■</span> 1	Naghmeh Ahi	East
2:00 – 3:30 pm	<span style="color: green;">■</span> 2	Matt Dreyfus	East
3:15 – 5:00 pm	<span style="color: red;">■</span> 3	Carrie Owerko	West
4:15 – 5:45 pm	<span style="color: green;">■</span> 2	Judith Isaacs	North
5:00 – 6:30 pm	<span style="color: blue;">■</span> 1	Matt Dreyfus	East
5:30 – 7:00 pm	<span style="color: green;">■</span> 2	Hugh Millard	West
6:45 – 8:30 pm	<span style="color: red;">■</span> 3	Michelle LaRue	East
7:15 – 8:45 pm	<span style="color: blue;">■</span> 1	Lucienne Vidah	West

## Tuesday

8:00 – 9:30 am	<span style="color: blue;">■</span> 1	Hugh Millard	West
8:15 – 9:45 am	<span style="color: green;">■</span> 2	Marcela Clavijo	East
12:00 – 1:30 pm	<span style="color: blue;">■</span> 1	Tori Milner	East
12:15 – 2:15 pm	<span style="color: orange;">■</span> 4	James Murphy	West
12:30 – 2:00 pm	<span style="color: green;">■</span> 2	Marcela Clavijo	North
1:45 – 3:15 pm	<span style="color: green;">■</span> 2	Carolyn Christie	East
5:15 – 6:45 pm	<span style="color: blue;">■</span> 1	Lara Brunn	East
5:30 – 7:15 pm	<span style="color: red;">■</span> 3	Matt Dreyfus	West
7:00 – 8:30 pm	<span style="color: green;">■</span> 2	Carrie Owerko	East
7:30 – 9:00 pm	<span style="color: blue;">■</span> 1	James Murphy	West

## Wednesday

8:00 – 9:45 am	<span style="color: red;">■</span> 3	Hugh Millard	West
8:15 – 9:45 am	Restorative/Pranayama	Carolyn Christie	East
10:00 – 11:30 am	<span style="color: green;">■</span> 2	Lindsey Clennell	West
11:00 – 12:30 pm	<span style="color: blue;">■</span> 1	Carolyn Christie	East
12:15 – 1:45 pm	<span style="color: green;">■</span> 2	Brooke Myers	West
2:00 – 3:45 pm	<span style="color: red;">■</span> 3	Tori Milner	West
2:30 – 4:00 pm	<span style="color: green;">■</span> 2	Lara Brunn	East
4:00 – 5:30 pm	<span style="color: blue;">■</span> 1	Dmitri Shapira	West
5:30 – 7:00 pm	Pranayama	Brooke Myers	East
5:45 – 7:15 pm	<span style="color: green;">■</span> 2	Anna Golfinoupolous	West
6:00 – 7:45 pm	<span style="color: red;">■</span> 3	Marcela Clavijo	North
7:15 – 8:45 pm	<span style="color: green;">■</span> 2	Tori Milner	East
7:30 – 9:00 pm	<span style="color: blue;">■</span> 1	Adam Vitolo	West

## Thursday

8:00 – 9:30 am	<span style="color: green;">■</span> 2	Michelle LaRue	West
9:45 – 11:30 am	<span style="color: red;">■</span> 3	Lara Brunn	West
10:15 – 11:45 am	<span style="color: blue;">■</span> 1	Matt Dreyfus	East
12:00 – 1:30 pm	<span style="color: green;">■</span> 2	Anna Golfinoupolous	West
1:15 – 2:45 pm	<span style="color: blue;">■</span> 1	Richard Jonas	East
1:45 – 3:15 pm	Specific Needs	Myers/Murphy	West
3:00 – 5:00 pm	<span style="color: orange;">■</span> 4	Carrie Owerko	East
3:30 – 5:00 pm	Gentle	Dmitri Shapira	West
5:15 – 6:45 pm	<span style="color: green;">■</span> 2	James Murphy	West
5:30 – 7:15 pm	<span style="color: red;">■</span> 3	Carolyn Christie	East
6:00 – 7:30 pm	Restorative/Pranayama	Jeanne-Marie Derrick	North
7:00 – 8:30 pm	<span style="color: blue;">■</span> 1	Lara Brunn	West
7:30 – 9:00 pm	<span style="color: green;">■</span> 2	Naghmeh Ahi	East

## Friday

8:00 – 9:30 am	<span style="color: blue;">■</span> 1	James Murphy	East
8:15 – 9:45 am	<span style="color: green;">■</span> 2	Carolyn Christie	West
9:45 – 11:30 am	<span style="color: red;">■</span> 3	Brooke Myers	East
10:00 – 11:30 am	<span style="color: green;">■</span> 2	Anna Golfinoupolous	West
12:00 – 1:30 pm	HIV*	James Murphy	East
12:30 – 2:15 pm	<span style="color: red;">■</span> 3	Genny Kapuler	West
2:15 – 3:45 pm	<span style="color: green;">■</span> 2	Bobby Clennell	East
2:30 – 3:45 pm	Sutra Study*	Shaida/Faculty	North
2:30 – 4:00 pm	<span style="color: blue;">■</span> 1	Michelle LaRue	West
5:30 – 7:00 pm	<span style="color: green;">■</span> 2	Hugh Millard	West
5:45 – 7:15 pm	<span style="color: blue;">■</span> 1	Marcela Clavijo	East
7:15 – 9:00 pm	Restorative	Bobby Clennell	West

## Saturday

Time	Level	Faculty Member	Studio
8:00 – 9:45 am	<span style="color: red;">■</span> 3	James Murphy	West
8:30 – 10:00 am	<span style="color: green;">■</span> 2	Jeanne-Marie Derrick	East
10:00 – 11:30 am	<span style="color: blue;">■</span> 1	Carrie Owerko	West
11:45 – 1:15 pm	<span style="color: green;">■</span> 2	Brooke Myers	West
12:00 – 1:30 pm	Veterans*	Adam Vitolo	East
1:30 – 3:00 pm	<span style="color: blue;">■</span> 1	Naghmeh Ahi	West
3:15 – 4:45 pm	<span style="color: green;">■</span> 2	Jeff Logan	West
4:15 – 6:00 pm	<span style="color: red;">■</span> 3	Brooke Myers	East
5:00 – 6:30 pm	<span style="color: blue;">■</span> 1	Adam Vitolo	West

## Sunday

8:15 – 10:00 am	<span style="color: red;">■</span> 3	Tori Milner	East
8:30 – 10:00 am	<span style="color: green;">■</span> 2	Richard Jonas	West
10:15 – 11:45 am	<span style="color: green;">■</span> 2	Carrie Owerko	West
10:30 – 12:00 pm	<span style="color: blue;">■</span> 1	Naghmeh Ahi	East
12:15 – 1:45 pm	Prenatal	Bobby Clennell	East
4:15 – 5:45 pm	<span style="color: green;">■</span> 2	Lara Brunn	West
4:30 – 6:00 pm	Gentle	Matt Dreyfus	East
6:00 – 7:30 pm	<span style="color: blue;">■</span> 1	Adam Vitolo	West
6:15 – 8:15 pm	<span style="color: orange;">■</span> 4	Lara Brunn	East

\* No fee class.

## Class Descriptions

### 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 who have gained proficiency in the Level 3 postures, and who hold *Sirsasana* for ten minutes and balance in *Sirsasana 2*. Students should have a well established, regular home practice in the various *asana* categories.

### Breast Health\*

Specifically tailored to the physical, psychological and emotional needs of breast cancer survivors including those undergoing treatment. Please leave time before your first session to complete a brief questionnaire.

### Gentle

A 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 soothe the nervous system and alleviate chronic tension. Six months Iyengar Yoga experience required.

### 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.

### Sutra Study\*

This informal study group meets to explore the *Yoga Sutras of Pantanjali*.

### Veterans\*

For veterans who have served in the U.S. Armed Forces. No previous yoga experience is necessary.

### Women's

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

\*These classes are offered free of charge as part of our ongoing commitment to the community.

## 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 membership 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. There is more about the tradition and benefits of Iyengar Yoga on our website and we invite you to visit us to talk with our staff and teachers.

### Attending A Class

- Wear shorts or footless tights. Clothes that allow for ease in movement but are not baggy are ideal.
- Come to class with an empty stomach.
- Arrive ten to fifteen minutes before your class begins.
- Students arriving fifteen minutes after a class begins will not be admitted.
- We provide all props, including mats, for every class.
- We ask that you switch off your cell phone when entering the Institute.

## Introductory Offers for New Students

We encourage new students to attend one of our Introductory Classes to become familiar with the fundamentals of the Iyengar method and/or to participate in an Introductory Series. Introductory Classes and Series are for new students only. Pre-registration is required. New students are also welcome to attend Level 1 classes at any time.

### Introductory Classes

**Sundays, 12:00–1:30 pm** \$15 per class

**September 18** with Naghmeh Ahi

**October 2** with Adam Vitolo

**November 6** with Richard Jonas

### Introductory Series

An Introductory Series is the perfect preparation for progression to Level 1 study.

#### Consecutive Saturdays, 10:15–11:45 am

**September 24 and October 1, 8, 15**

4-Weeks with Naghmeh Ahi, \$72

**November 19, 26 and December 3, 10, 17**

5-Weeks with Richard Jonas, \$90

## Membership

### Become a Member

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 website outlines the benefits available at all membership levels and our staff will be glad to answer any questions you may have.

### Contributions to IYAGNY and the Mary Dunn Fund

The Iyengar Yoga Institute of New York is part of the not-for-profit 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.

Contributions to IYAGNY 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.

Mary Dunn, our beloved senior teacher who passed away in 2008, was instrumental in the creation of IYAGNY and the Institute. Donations to the Mary Dunn Fund 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.

## Class and Course Fees

### Members

**14-Week Fall Course:** \$235 (1.5 hours), \$250 (1.75 hours), \$265 (2 hours)

**5-Class Card:** \$90 (1.5 hours), \$95 (1.75 hours), \$100 (2 hours) Good for 90 days.

**Drop-in:** \$18 if enrolled in a course, \$21 if not enrolled in a course

### Nonmembers

**14-Week Fall Course:** \$265 (1.5 hours), \$285 (1.75 hours), \$300 (2 hours)

**5-Class Card:** \$115 (1.5 hours), \$120 (1.75 hours), \$125 (2 hours) Good for 90 days.

**Drop-in:** \$21 if enrolled in a course, \$25 if not enrolled in a course

### Special Offer for First-Time Visitors

**3-Class Card:** \$48 Good for 30 days.

### Fall Courses

Registration for Fall Courses begins August 22 and ends September 20. Courses begin September 6 and end on December 31.

*Be sure to use all the classes on your 5-Class Card, 3-Class Card and your Fall Course by the expiration date. 5-Class Cards expire in 90 days and 3-Class Cards in 30 days from date of activation. No extensions, refunds or credits will be allowed. Class Cards and Courses are non-transferable.*

### Senior and Student Discount for Nonmembers

We offer a 10% discount for seniors 65 and over, and students with valid student I.D.

This discount is only for nonmembers.

## Teacher Training

The Iyengar Yoga Institute of New York offers a two-year Teacher Training program, which covers the basic and progressive study of *asana*, *pranayama*, anatomy, and yoga philosophy. Other programs, such as Continuing Education, provide further training in specific areas to supplement the Teacher Training program. To learn more about these programs please see the Teacher Training section of our website.

## Free Special Events

### IYAGNY Members Picnic

**Sunday, September 25, 1:00 pm, location to be announced**

We invite all members to join us for an afternoon of fun. All members and their families are invited to attend. Bring your own food, drinks and fun!

### Community Nights

**Saturday, September 17 and November 19, 7:00 pm, No Fee**

These informal evenings provide opportunities to join others in the Iyengar community for yoga films and lively discussions led by Iyengar Yoga teachers. Details are posted at the Institute and on our website in advance of each date.

### IYAGNY Member Annual Meeting and B.K.S. Iyengar Birthday Celebration

**Sunday, December 11, 2:00–4:00 pm, No fee**

A free members class with Tori Milner kicks off our annual meeting—a celebration of the birth of Guruji, B.K.S. Iyengar, as well as a successful year for the Association. Meet board members and recap highlights from the past year. Refreshments will be served.

## Holidays and Modified Schedule

### Holiday Closings

**Thursday and Friday, November 24–25**

Thanksgiving and day after Thanksgiving

**Saturday and Sunday, December 24–25**

Christmas Eve and Christmas Day

**Saturday and Sunday, December 31–January 1, 2012**

New Year's Eve and New Year's Day

### Modified Schedule

**Thursday through Sunday, September 8–11**

For the most up-to-date information please check our daily schedule online at [www.iyengarnyc.org](http://www.iyengarnyc.org).

For additional information call 212-691-9642, or email, [info@iyengarnyc.org](mailto:info@iyengarnyc.org)

## Guest Teacher Workshops

### Stephanie Quirk - Part Three, Iyengar Yoga and Therapeutics

Thursday–Sunday, September 8–11

*A workshop for certified teachers, Pre-registration required.*

Stephanie Quirk, a New Zealand native who lives in Pune, India, has studied with the Iyengar family for nearly twenty years. This fall Stephanie returns to the Institute for the third of her 6-part therapeutic curriculum for certified Iyengar Yoga teachers.

Check our website for detailed information regarding certification requirements and fees. Online registration is available.

Thursday and Friday, September 8–9, 10:00 am–1:00 pm and 3:00–6:00 pm  
Saturday and Sunday, September 10–11, 10:30 am–1:30 pm and 3:30–6:30 pm

### Edwin Bryant: The Upanishads

Saturday and Sunday, December 3–4, Non-asana

We are pleased to host Edwin Bryant's exploration of the *Upanishads*, whose prose is full of beautiful metaphors and spiritual insight. This workshop will consist of reading selections from the principle *Upanishads*, and tracing the emergence of such major themes such as karma and reincarnation that inform the *Yoga Sutras*, *Bhagavad Gita* and other post-Vedic texts. Bring a copy of Patrick Olivelle's *Upanishads* (Oxford University Press) and read the *Katha Upanishads* in preparation. Edwin holds a PhD in Indic languages and cultures, and teaches at Rutgers University.

Saturday, December 3, 12:00–4:00 pm and 6:15–8:15 pm  
\$85 members / \$100 nonmembers

Sunday, December 4, 12:00–4:00 pm  
\$55 members / \$70 nonmembers

Saturday and Sunday, December 3–4  
\$110 members / \$135 nonmembers

## Special Series

### Fertility Series with Jeanne-Marie Derrick

6 Tuesdays, September 20, 27, October 4, 11, 18, 25, 5:45–7:15 pm, All Levels

\$100 members / \$130 nonmembers

Bringing the body into balance through asana practice can enhance the chances of fertility. Learn to reduce stress, retain energy and strengthen the entire system to support the challenges of reproductive medicines and side effects. Mr. Iyengar suggests that both partners participate in a yoga practice to promote fertility.

### Connect to Your Core: Diaphragm and Psoas with Jeanne-Marie Derrick

3-Saturdays, September 24, October 1, 8, 2:15–3:45 pm, All Levels

\$50 members / \$65 nonmembers

The psoas is a primary stabilizing postural muscle. It guides the transfer of weight from the spine through the pelvis into the legs. Create deeper awareness of the psoas in your yoga practice to be more centered and grounded.

### Yoga for Scoliosis with Marica Monroe

6-Saturdays, October 1, 8, 15, 22, 29, November 5, 9:30–11:00 am, All Levels

\$100 members / \$130 nonmembers

Each week we will build from a specific group of *asanas* modified for working with the tridimensional aspects of scoliosis to best support the individual pattern. Learn to improve balance, focus, strength, stability and awareness for the asymmetric body.

### Shoulder Care with Dmitri Shapira

3-Saturdays, October 15, 22, 29, 2:15–3:45 pm, All Levels

\$50 members / \$65 nonmembers

Many of us hold tension in our shoulders—particularly during the winter months. In this series we will work to dissipate that tension as we explore the shoulder's full range of movement in a variety of *asanas*.

### Hip Care with Carolyn Christie

3-Saturdays, November 5, 12, 19, 2:15–3:45 pm, All Levels

\$50 members / \$65 nonmembers

Learn how to practice *asanas* which support the health and function of the hip joint. Modifications of common *asanas* will be taught so they may be done safely.

### Philosophy Study Group, Julia Shaida and Faculty

3-Sundays, September 25, October 23, November 20, 12:00–1:30 pm, 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

Sundays, 2:00–4:00 pm

Pre-registration \$25 members / \$35 nonmembers

Same day \$30 members / \$40 nonmembers

September 18

### Hamstrings: Release and Strengthen

Tori Milner, *Level 2 and up*

Whether your hamstrings are chronically tight or often overworked, learn how to balance the strength and length in your back thigh muscles to gain more freedom in your hips, knees and lower back.

September 25

### Understanding Your Lumbar

Jeanne-Marie Derrick, *Level 2 and up*

Lighten the load in your lumbar region. Learn the correct actions to mobilize and stabilize your lumbar, leading to greater strength and ease in a variety of poses.

October 2

### Yoga for Hypertension

Brooke Myers, *All Levels*

Learning how to work with high blood pressure offers an opportunity to experience the positive effects of *asana* and *pranayama* on cardiac health.

October 9

### Take the Weight Off Your Shoulders

Dmitri Shapira, *All Levels*

Explore a range of ways to mobilize and stabilize your shoulders into your upper body. No major shoulder injuries, please.

October 16

### Parivrtta Trikonasana: Breaking the Barriers

Adam Vitolo, *Level 2 and up*

This action-packed pose will provide the key to understanding and unlocking tension and creating freedom in the chest, upper back, side body and hips.

October 23

### Close the Loop and Experience Space

Naghme Ahi, *Level 2 and up*

Practice poses from all categories where there are bindings of the arms, legs or both, and learn to experience freedom within containment.

October 30

### Halloween Hoopla

Lara Brunn, *All Levels*

In honor of Halloween, learn how to allay your fears of going upside down (costumes allowed, within reason)!

November 6

### (Udara) Akunchana Shtiti

Lucienne Vidah, *Level 2 and up*

*Akunchana shtiti*, or abdominal *asanas* such as *Navasana* and *Supta Padangusthasana* teach the actions of the core of the lower, middle and upper abdominal wall. Explore the relationship between these *asanas* and simple arm balancings. *Not appropriate during menstruation or pregnancy or if you have high blood pressure.*

November 13

### Ropes

James Murphy, *Level 2 and up*

The ropes create mobility in the chest and shoulders by teaching the upper and middle back areas how to move into the body—an essential ingredient for all categories of *asana*.

November 20

### Prepare for Thanksgiving: Tapas as Offering

Carolyn Christie, *Level 2 and up*

Tapas is practicing “voluntary self-change.” When the efforts of tapas are applied with humility and the quality of *sattva*, it is true giving without expectation of reward. Prepare your mind to be in the true spirit of Thanksgiving through the practice of *asana* and *pranayama*.

November 27

### Liberate Your Chest, Neck and Shoulders

Carrie Owerko, *All Levels*

Explore a variety of ways to relieve chronic tension and tightness in the chest, neck and shoulders to create freedom and uplift both body and mind.

December 18

### The Five Elements in Practice

Bobby Clennell, *Level 2 and up*

According to yogic principles, everything in the universe is made up of five subtle elements: the earth element is grounding; water brings flow; fire energizes and stimulates; air expands and opens; and space connects us to the universal spirit. Explore and understand your own unique expression of these elemental forces and balance your inner landscape and physical body.

*Our faculty members generously donate their time to these Sunday Workshops in support of the IYAGNY and its mission.*