

## Guest Teacher Workshops

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

Saturday and Sunday, July 23–24, 12:00–4:00 pm, Non-asana

One day, \$55 members / \$65 nonmembers

Both days, \$85 members / \$95 nonmembers

We welcome back Satya Narayana Dasa, 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. We will continue Dr. Dasa's exploration of Patanjali's *Yoga Sutras* by studying the second chapter, *Sadhana Pada*. Please bring a copy of the *Sutras* that has the Sanskrit text in Romanized script.

### Patricia Walden

Saturday, August 13, Level 3 and up

10:30–1:30 pm and 3:30–6:30 pm

\$120 members / \$140 nonmembers

Space is limited, pre-registration is required.

Join us in a deep exploration of forward bending and backward extensions expertly delivered by Senior teacher Patricia Walden from Cambridge, Massachusetts, a devoted Iyengar yogi since 1976. She is known for her uniquely dynamic, methodical and inspiring approach, keen powers of observation and proficiency at weaving the yoga philosophy seamlessly into the practice.

## Special Series and Events

### Iyengar Yoga for Veterans with Adam Vitolo

Saturdays, July 9, 16, 30, August 6, 20, 12:00–1:30 pm, No Fee

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

### Leslie Freyberg: Sanskrit and Mantra

Wednesdays, July 13 and 20, 3:00–5:00 pm

Pre-registration \$25 members / \$30 nonmembers

Same day \$35 members / \$40 nonmembers

Experience the healing sounds of individual Sanskrit letters as *Bija Mantras* are sounded. Discover the power of your own voice as you join in the chanting of verses from the *Yoga Sutra of Patanjali* and the *Bhagavad Gita*.

### Community Night

Saturday, July 16, 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.

## Sunday Workshops

Sundays, 2:00–4:00 pm

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

Same day \$30 members / \$40 nonmembers

July 10

### Twists

Judith Isaacs, All Levels  
Recharge and refresh with standing and seated twists. Promote the health of the spine, muscles of the back and internal organs.

July 31

### Forwards Bends and Hip Openers

Michelle LaRue, Level 2 and up  
Use gravity to release tightness and tension in the legs, pelvis and lower back. Go deeper in forward bends.

August 7

### The Inverted Poses

Marcela Clavijo, Level 2 and up  
These invaluable postures revitalize your entire system. Learn to enhance strength, agility, and precision, and practice with confidence, ease, and joy.

August 14

### Establishing Your Home Practice

Hugh Millard, Level 2 and up  
Bring your yoga home. Explore the basics of sequencing, when and how to use props and learn how to begin and maintain your very own yoga practice.

August 21

### Home Breathing Practice

Richard Jonas, Level 2 and up  
Learn different ways to utilize the props, as well as common set-ups that facilitate breath awareness and lead to a fulfilling home *Pranayama* practice.

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

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New York, NY  
Permit No. 7131

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ASSOCIATION OF GREATER NEW YORK  
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# IYENGAR YOGA INSTITUTE OF NEW YORK 2011 SUMMER SCHEDULE JULY 5 – SEPTEMBER 3

## Introductory Classes and Series

### Introductory Classes

Sundays, 12:00–1:30 pm

\$15 per class

Pre-registration required

July 10 Tori Milner

August 7 Hugh Millard

### Introductory Series

Four consecutive Saturdays,

10:15–11:45 am, \$72 for series

Pre-registration required

July 16–August 6 Tori Milner

# Daily Class Schedule | July 5 – September 3, 2011

Key to Levels: ■ 1 ■ 2 ■ 3 ■ 4

## Monday

Time	Level	Instructor
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 – 1:30 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	Michelle LaRue
7:15 – 8:45 pm	1	Lucienne Vidah

## Tuesday

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	James Murphy†
1:45 – 3:15 pm	2	Carolyn Christie
5:15 – 6:45 pm	1	Lara Brunn
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
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	Naghmeh Ahi

## Friday

8:00 – 9:30 am	1	James Murphy
8:15 – 9:45 am	2	Carolyn Christie
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 – 3:45 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

Time	Level	Instructor
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	Naghmeh Ahi
3:15 – 4:45 pm	2	Marcela Clavijo
4:15 – 6:00 pm	3	Brooke Myers
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 – 8:15 pm	4	Lara Brunn

\* Teacher will be on leave for a portion of the summer term. Please see the daily schedule on our website for details of substitutes.

\*\* No fee class.

† Kevin Gardiner will be teaching the Tuesday 12:15 pm class in July.

## Class and Course Fees

### Members

**8-Week Summer Course:** \$135 (1.5 hours), \$145 (1.75 hours), \$150 (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

**8-Week Summer Course:** \$150 (1.5 hours), \$165 (1.75 hours), \$170 (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.

### Summer Courses

8-Week Summer Courses may be purchased from June 21 to July 5. Courses may be used beginning July 5. *All courses expire on September 3.*

*Be sure to use all the classes on your 5-Class Card, 3-Class Card and your Summer 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.*

### 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.

### Membership

Annual Membership begins at \$65 and is good for a calendar year. Please see our website for benefits and details.

## Holidays and Modified Schedule

### Holiday Closings

**Monday, July 4,** Independence Day  
**Sunday and Monday, September 4–5,** Labor Day

### Modified Schedule

**Friday through Sunday, August 26–28**

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)