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IYENGAR YOGA
ASSOCIATION OF GREATER NEW YORK
25 years lighting the way

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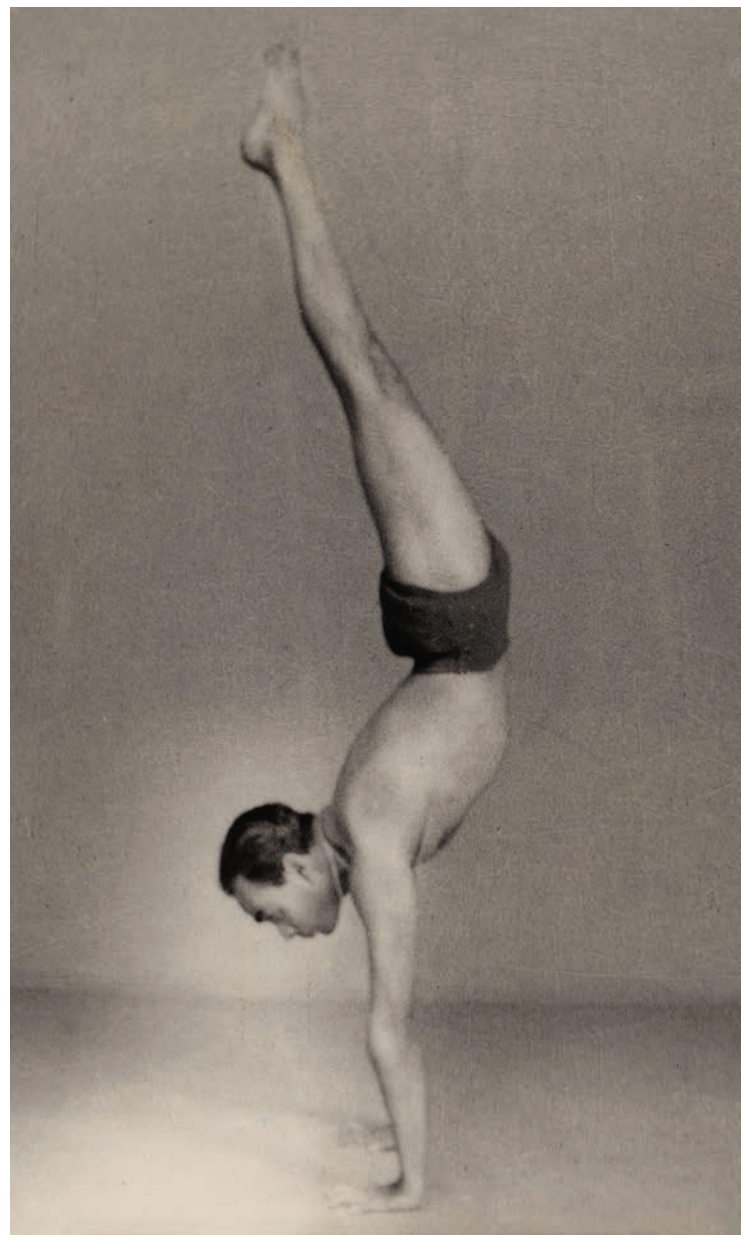
IYENGAR YOGA INSTITUTE OF NEW YORK 2012 WINTER/SPRING SCHEDULE JANUARY 2 – JULY 3

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Whether you're new to the Institute or a longtime student, the best way to stay up-to-date on what's happening is to join our email list.

To subscribe, go to www.iyengarnyc.org and click on "Join Our Email List." Once signed up, you will receive our monthly newsletter plus alerts about schedule changes and special events at the Institute.

IYENGAR YOGA INSTITUTE OF NEW YORK 2012 WINTER/SPRING SCHEDULE JANUARY 2 – JULY 3



B.K.S. Iyengar in Adho Mukha Vrksasana

Our 25th Anniversary



25 years lighting the way

Daily Class Schedule | January 2 – July 3, 2012

Key to Levels: ■ 1 ■ 2 ■ 3 ■ 4

Monday	Level	Faculty Member	Studio
8:00 – 9:30 am	■ 1	Richard Jonas*	West
9:45 – 11:30 am	Women's	Bobby Clennell*	West
10:30 – 12:00 pm	■ 2	Dmitri Shapira	East
12:00 – 1:30 pm	Breast Health**	Bobby Clennell*	West
12:15 – 1:45 pm	■ 1	Naghmeh Ahi	East
2:00 – 3:30 pm	■ 2	Matt Dreyfus	East
3:15 – 5:00 pm	■ 3	Carrie Owerko*	West
4:15 – 5:45 pm	■ 2	Judith Isaacs	North
5:00 – 6:30 pm	■ 1	Matt Dreyfus	East
5:30 – 7:00 pm	■ 2	Hugh Millard	West
6:45 – 8:30 pm	■ 3	Michelle LaRue	East
7:15 – 8:45 pm	■ 1	Lucienne Vidah*	West

Tuesday	Level	Faculty Member	Studio
8:00 – 9:30 am	■ 1	Hugh Millard	West
8:15 – 9:45 am	■ 2	Marcela Clavijo	East
12:00 – 1:30 pm	■ 1	Tori Milner	East
12:15 – 2:15 pm	■ 4	James Murphy*	West
12:30 – 2:00 pm	■ 2	Marcela Clavijo	North
1:45 – 3:15 pm	■ 2	Carolyn Christie*	East
5:15 – 6:45 pm	■ 1	Lara Brunn	East
5:30 – 7:15 pm	■ 3	Matt Dreyfus	West
7:00 – 8:30 pm	■ 2	Carrie Owerko*	East
7:15 – 8:45 pm	Restorative/Pranayama	Jeanne-Marie Derrick	North
7:30 – 9:00 pm	■ 1	James Murphy*	West

Wednesday	Level	Faculty Member	Studio
8:00 – 9:45 am	■ 3	Hugh Millard	West
8:15 – 9:45 am	Restorative/Pranayama	Carolyn Christie	East
10:00 – 11:30 am	■ 2	Lindsey Clennell*	West
10:30 – 12:00 pm	■ 1	Carolyn Christie*	East
12:15 – 1:45 pm	■ 2	Brooke Myers	West
2:00 – 3:45 pm	■ 3	Tori Milner	West
2:30 – 4:00 pm	■ 2	Lara Brunn	East
4:00 – 5:30 pm	■ 1	Dmitri Shapira	West
5:30 – 7:00 pm	Pranayama	Brooke Myers	East
5:45 – 7:15 pm	■ 2	Anna Golfinoupolos	West
6:30 – 8:15 pm	■ 3	Marcela Clavijo	North
7:15 – 8:45 pm	■ 2	Tori Milner	East
7:30 – 9:00 pm	■ 1	Adam Vitolo	West

Thursday	Level	Faculty Member	Studio
8:00 – 9:30 am	■ 2	Michelle LaRue	West
9:45 – 11:30 am	■ 3	Lara Brunn	West
10:15 – 11:45 am	■ 1	Matt Dreyfus	East
12:00 – 1:30 pm	■ 2	Anna Golfinoupolos	West
1:15 – 2:45 pm	■ 1	Richard Jonas	East
1:45 – 3:15 pm	Specific Needs	Myers/Murphy	West
3:00 – 5:00 pm	■ 4	Carrie Owerko*	East
3:30 – 5:00 pm	Gentle	Dmitri Shapira	West
5:15 – 6:45 pm	■ 2	James Murphy*	West
5:30 – 7:15 pm	■ 3	Carolyn Christie*	East
7:00 – 8:30 pm	■ 1	Lara Brunn	West
7:30 – 9:00 pm	■ 2	Naghmeh Ahi	East

Friday	Level	Faculty Member	Studio
8:00 – 9:30 am	■ 1	James Murphy*	East
8:15 – 9:45 am	■ 2	Carolyn Christie*	West
9:45 – 11:30 am	■ 3	Brooke Myers	East
10:00 – 11:30 am	■ 2	Anna Golfinoupolos	West
12:00 – 1:30 pm	HIV**	James Murphy	East
12:30 – 2:15 pm	■ 3	Genny Kapuler	West
2:15 – 3:45 pm	■ 2	Bobby Clennell*	East
2:30 – 3:45 pm	Sutra Study**	Shaida / Faculty	North
2:30 – 4:00 pm	■ 1	Michelle LaRue	West
5:30 – 7:00 pm	■ 2	Hugh Millard	West
5:45 – 7:15 pm	■ 1	Marcela Clavijo	East
7:15 – 9:00 pm	Restorative	Bobby Clennell*	West

Saturday	Level	Faculty Member	Studio
8:00 – 9:45 am	■ 3	James Murphy*	West
8:15 – 9:45 am	■ 2	Jeff Logan	East
10:00 – 11:30 am	■ 1	Carrie Owerko*	West
11:45 – 1:15 pm	■ 2	Brooke Myers	West
12:00 – 1:30 pm	Veterans**	Adam Vitolo	East
1:30 – 3:00 pm	■ 1	Naghmeh Ahi	West
3:15 – 4:45 pm	■ 2	Adam Vitolo	West
4:15 – 6:00 pm	■ 3	Brooke Myers	East
5:00 – 6:30 pm	■ 1	Dmitri Shapira	West

Sunday	Level	Faculty Member	Studio
8:15 – 10:00 am	■ 3	Tori Milner	East
8:30 – 10:00 am	■ 2	Richard Jonas*	West
10:15 – 11:45 am	■ 2	Carrie Owerko*	West
10:30 – 12:00 pm	■ 1	Naghmeh Ahi	East
12:15 – 1:45 pm	Prenatal	Bobby Clennell*	East
4:15 – 5:45 pm	■ 2	Lara Brunn	West
4:30 – 6:00 pm	Gentle	Matt Dreyfus	East
6:00 – 7:30 pm	■ 1	Adam Vitolo	West
6:15 – 8:15 pm	■ 4	Lara Brunn	East

* Teacher will be on leave for a portion of the Winter/Spring term.
January: Lucienne Vidah; *February:* Carolyn Christie, Bobby Clennell, Richard Jonas, Carrie Owerko; *March:* James Murphy; *April:* Bobby Clennell, Lindsey Clennell.

** 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 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.

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. You can support the IYAGNY mission 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 enrolled in the National Association when you become an IYAGNY member.

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

Contributions to IYAGNY and the Mary Dunn Fund

The Iyengar Yoga Institute of New York is part of the IYAGNY. The work of the Association and the Institute is largely dependent on membership dues and donations from supporters.

Contributions support teacher training and continuing education programs; help underwrite free classes for breast cancer survivors, for people living with HIV and for veterans.

Mary Dunn, our beloved senior teacher who died 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

12-Week Winter/Spring Course: \$200 (1.5 hours), \$215 (1.75 hours), \$225 (2 hours)

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

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

Nonmembers

12-Week Winter/Spring Course: \$225 (1.5 hours), \$245 (1.75 hours), \$260 (2 hours)

5-Class Card: \$115 (1.5 hours), \$120 (1.75 hours), \$125 (2 hours) Valid 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 Valid for 30 days.

Winter Courses

The winter term is January 2–March 31. Registration for Winter Courses is available December 12, 2011–January 13, 2012. Winter Courses expire March 31.

Spring Courses

The spring term is April 1–July 3. Registration for Spring Courses is available March 12 through April 13, 2012. Spring Courses expire July 3.

Be sure to use all the classes on your 5-Class Card, 3-Class Card and your Winter/Spring Courses 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.

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

January 8 with Adam Vitolo

January 22 with Carolyn Christie

February 5 with Tori Milner

March 4 with Michelle LaRue

April 1 with Jeff Logan

May 6 with Hugh Millard

June 10 with Richard Jonas

Introductory Series

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

5 Consecutive Saturdays \$90 per series

January 7, 14, 21, 28 and February 4, 10:15–11:45 am with Michelle LaRue

January 7, 14, 21, 28 and February 4, 2:15–3:45 pm with Lara Brunn

February 18, 25 and March 3, 10, 17, 10:15–11:45 am with Tori Milner

May 19, 26 and June 2, 9, 16, 10:15–11:45 am with James Murphy

Teacher Education

Two-Year Teacher Training Program

Under the direction of James Murphy, our two-year teacher training program covers both Introductory syllabi. *Asana, pranayama*, and basic anatomy and philosophy are covered. To learn more, visit the Teacher Training section on our website.

Continuing Education

Open to all certified teachers and those who have completed a recognized Iyengar Yoga Teacher Training. Whether you are going up for assessment or not, refine your skills, and learn how to become a more effective teacher. Sharpen your abilities to instruct clearly, observe your students, and recognize and address problems. *Pre-registration for all Continuing Education courses is required.*

Introductory I & II Syllabi

James Murphy, and faculty members Lara Brunn, Matt Dreyfus and Tori Milner

3-Sundays, January 15, February 12, April 15, 12:30–4:00 pm

\$50 per class, 3-class package \$135

6-Tuesdays, January 31, February 28, March 27, April 24, May 29, June 26, 3:00–5:00 pm

\$30 per class, 6-class package \$160

Junior Intermediate I, II & III

James Murphy and Carrie Owerko

Sunday, June 17, 12:30–4:00 pm, \$50

Special Events

Community Nights

Saturday, January 21, March 17 and May 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.

Mary Dunn Celebration and Yogathon 2012, Sunday, June 3

Join us for this special day celebrating yoga in the spirit of Mary Dunn.

Holidays and Modified Schedule

Holiday Closings

Sunday, January 1

New Years Day

Sunday and Monday, May 27–28

In observance of Memorial Day

Wednesday, July 4

Independence Day

Modified Schedule

Friday through Sunday, April 20–22

Gabriella Giubilaro Workshop

Tuesday through Friday, May 15–18

Stephanie Quirk Workshop

Sunday, June 3

Mary Dunn Celebration / Yogathon

For the most up-to-date information please check our daily schedule online at www.iyengarnyc.org. For additional information call 212-691-9642, or email info@iyengarnyc.org

Guest Teacher Workshops

Gabriella Giubilaro

Friday–Sunday, April 20–22

Gabriella Giubilaro, a Senior Teacher from Florence, Italy, is widely known for her dynamic teaching, her good humor, attention to individual needs, and the clarity of her presentation. She communicates the essence of the yoga postures through simple, meaningful explanations that help her students discover the intelligence of their own bodies and experience their maximum potential. *Pre-registration is required.*

Workshop for Level 2

Friday, April 20, 6:00–8:00 pm, \$35 members / \$45 nonmembers

Workshop for Level 3 and up

Saturday, April 21, 10:30–1:30 pm, 3:30–6:00 pm, and
Sunday, April 22, 10:30–1:30 pm, \$135 members / \$165 nonmembers

Workshop for Level 4

Sunday, April 22, 3:30–6:00 pm, \$50 members / \$60 nonmembers

Stephanie Quirk—Part Four, Iyengar Yoga and Therapeutics

Tuesday–Friday, May 15–18

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 spring Stephanie returns to the Institute for the fourth 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.

Tuesday and Wednesday, May 15–16, 10:00 am–1:00 pm and 3:00–6:00 pm

Thursday and Friday, May 17–18, 10:00 am–1:00 pm and 3:00–6:00 pm

Special Series

Iyengar Yoga for Amputees—James Murphy and Faculty

6-Mondays, January 9, 23, 30, February 6, 13, 20, 7:00–8:30 pm, No Fee

Limit 6 students. Pre-registration required. Please call the Institute to register.

Improve mobility, flexibility, stamina and body awareness.

Fertility Series—Jeanne-Marie Derrick

8-Tuesdays, January 10, 17, 24, 31, February 7, 14, 21, 28, 5:30–7:00 pm, All Levels

\$135 members / \$175 nonmembers

Limit 10 students. Pre-registration required. Please call the Institute to register.

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 their side effects.

Hypertension—Brooke Myers

4-Saturdays, February 18, 25 and March 3, 10, 2:15–3:45 pm, All Levels

\$70 members / \$85 nonmembers

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

Learning the Ropes—Naghmeah Ahi

3-Saturdays, March 31 and April 7, 14, 10:15–11:45 am, Level 2 and up

\$50 members / \$65 nonmembers

Ropes are another one of B.K.S. Iyengar's innovations in yoga practices. We will experience how the use of ropes takes us more deeply, easing challenges in standing poses, forward and backward extensions, and inversions.

Back Care—Dmitri Shapira

3-Saturdays, March 31 and April 7, 14, 2:15–3:45 pm, All Levels

\$50 members / \$65 nonmembers

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

Introduction to Yoga for Scoliosis—Marcia Monroe

5-Saturdays, June 2, 9, 16, 23, 30, 9:30–11:00 am, All Levels

\$85 members / \$105 nonmembers

Limit 10 students. Pre-registration required. Please call the Institute to register.

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.

Philosophy Study Group—Julia Shaida and Faculty

6-Sundays, January 22, February 26, March 25, April 29, May 20, June 24,

12:00–1:30 pm, No fee for members / \$10 per class for nonmembers

An excellent way to begin your study and 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

January 8

Where's Your *Tadasana*

Jeff Logan, *All Levels*

B.K.S. Iyengar has said that he could teach us all of Yoga through the pose *Tadasana*. Come explore how to use this most basic standing posture as a guide for other *asanas*, basic *pranayama* and life!

January 15

Prana and Apana in *Asana* and *Pranayama*

Marcela Clavijo, *Level 2 and up*

Prana is internal pattern that encourages inhalation and *Apana* governs exhalation. Explore how the union of these core techniques unveil profound stability and freedom in your practice.

January 22

Winter Warming

Michelle LaRue, *Level 2 and up*

Enjoy an invigorating, warming practice which will include backbends, twists and rope work.

January 29

How to Approach Arm Balances

Hugh Millard, *Level 3 and up*

Arm balances build strength, courage and confidence in both body and mind. Learn the best ways to prepare for and practice the basic arm balancing postures.

February 5

Revolve, Revitalize and Release

Tori Milner, *Level 2 and up*

Twisting can have a powerful, cleansing effect on your organic body, improve range of motion in your hips, back, neck and shoulders and provide a pathway for “involution.”

February 19

Hip Joint Mobility

Judith Isaacs, *All Levels*

Explore how the strength and tone of the legs and mobility in the hips can work together to create freedom and ease in the spine in a variety of postures.

February 26

Anatomy: Liver, Stomach, Pancreas and Spleen

Genny Kapuler, *All Levels*

We will study these organs and their specific locations. Then, we will apply that knowledge to *asana*.

March 4

Practice and the Kosas

Lindsey Clennell, *Level 2 and up*

In yoga, layers of subjective awareness are often described as the *Kosas*. We will explore the *Kosas* and how they can illuminate our practice.

March 11

Connecting to the Earth, Ascending to the Sky

Carolyn Christie, *Level 2 and up*

Balancing the pelvis in standing poses and inversions allows us to connect to the earth and ascend upward. This reveals the vital energy called *udana vayu*.

March 18

Asanas Inspired by Vishnu

Lucienne Vidah, *Level 3 and up*

As sustainer of the universal balance between good and evil, the Hindu deity Lord Vishnu has inspired many *asanas*. Practice postures which embody balance within asymmetry and promote concentration. *No knee problems.*

March 25

Inversions Demystified

Lara Brunn, *Level 2 and up*

Deepen your understanding and practice of inversions. Strengthen your shoulder girdle and open your chest to overcome the physical and mental obstacles you may face when practicing full arm balance, headstand and shoulderstand.

April 1

You're No Fool—Touch the Wisdom Within: *Asana* and Meditation

Matt Dreyfus, *All Levels*

Cultivate meditative integration of body, breath and mind in all the *asanas*, aiming to sit with steadiness and ease.

April 29

Backbends

Naghmeah Ahi, *Level 2 and up*

Explore the alignment required to experience maximum freedom and express your heart center to the fullest in a variety of backward extensions.

May 13

Celebrating Motherhood

Jeanne-Marie Derrick, *Level 2 and up*

Celebrations of motherhood can be traced back to ancient festivals of the Greeks and Romans. Yoga postures will be used to influence the earth and water elements in our own body and understand the use of the related chakras.

May 20

Ropes

Adam Vitolo, *Level 2 and up*

Wall ropes offer a unique opportunity for mobility and freedom. Deepen your understanding of how the shoulders, shoulder blades and chest integrate through the use of the ropes.

June 10

Side Extensions

Bobby Clennell, *Level 2 and up*

Rejuvenate the spine, and invigorate and refresh the entire system by combining lateral spinal extension with spinal rotations.

June 24

Liberate Your Lower Floors

Carrie Owerko, *Level 2 and up*

Explore how to create more freedom in the legs, hips and entire pelvic region for optimum health of the body, breath and mind.

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