



# IYENGAR YOGA

INSTITUTES OF NEW YORK & BROOKLYN



## 2018

SUMMER SCHEDULE

JULY 5 - SEPTEMBER 1

## NEW YORK DAILY CLASS SCHEDULE

MON	TUE	WED	THUR	FRI	SAT	SUN
LEVEL 1 8:00-9:30AM RICHARD JONAS	LEVEL 1 8:00-9:30AM HUGH MILLARD	LEVEL 3 8:00-9:45AM HUGH MILLARD	LEVEL 2 8:00-9:30AM MICHELLE LARUE	LEVEL 1 8:00-9:30AM JAMES MURPHY	LEVEL 3 8:00-9:45AM JAMES MURPHY	LEVEL 3 8:15-10:00AM NAGHMEH AHI
LEVEL 3 8:30-10:15AM LARA WARREN	LEVEL 2 8:15-9:45AM LUCIENNE VIDAH	LEVEL 2 10:15-11:45AM MATT DREYFUS	## PRANAYAMA 9:00-10:30AM CAROLYN CHRISTIE	LEVEL 2 8:15-9:45AM CAROLYN CHRISTIE	LEVEL 2 8:15-9:45AM JEFF LOGAN	LEVEL 2 8:30-10:00AM RICHARD JONAS
## WOMEN'S 9:45-11:30AM BOBBY CLENNELL	LEVEL 1 12:00-1:30PM TORI MILNER	LEVEL 1 10:30AM-12:00PM CAROLYN CHRISTIE	LEVEL 3 9:45-11:30AM TORI MILNER	LEVEL 3 9:45-11:30AM BROOKE MYERS	LEVEL 1 10:00-11:30AM ADAM VITOLO	LEVEL 2 10:15-11:45AM TORI MILNER
LEVEL 2 10:30AM-12:00PM DMITRI SHAPIRA	LEVEL 4 12:15-2:15PM JAMES MURPHY	LEVEL 2 12:15-1:45PM BROOKE MYERS	LEVEL 1 10:15-11:45AM MATT DREYFUS	LEVEL 2 10:00-11:30AM TZAHY MOSKOVITZ	LEVEL 2 11:45AM-1:15PM BROOKE MYERS	LEVEL 1 10:30AM-12:00PM NAGHMEH AHI
## RESTORATIVE/ PRANAYAMA 11:45AM-1:15PM MATT DREYFUS	LEVEL 2 12:30-2:00PM CAROLYN CHRISTIE	LEVEL 3 12:30-2:15PM CAROLYN CHRISTIE	LEVEL 2 12:00-1:30PM DEBBY GREEN	* HIV 12:00-1:30PM JAMES MURPHY	LEVEL 1 1:30-3:00PM NIL AKIN	GENTLE 4:15-5:45PM MATT DREYFUS
* BREAST HEALTH 12:00-1:30PM BOBBY CLENNELL	GENTLE 3:30-5:00PM NORMA COLÓN	LEVEL 2 2:30-4:00PM MICHELLE LARUE	LEVEL 1 1:15-2:45PM RICHARD JONAS	LEVEL 4 12:15-2:15PM LARA WARREN	LEVEL 2 3:15-4:45PM ADAM VITOLO	LEVEL 2 4:30-6:00PM NIL AKIN
LEVEL 1 12:15-1:45PM NAGHMEH AHI	LEVEL 1 5:15-6:45PM SARAH PERRON	LEVEL 1 4:00-5:30PM DMITRI SHAPIRA	## SPECIFIC NEEDS 1:45-3:15PM JAMES MURPHY	* SUTRA STUDY 2:30-3:45PM FACULTY	LEVEL 3 4:15-6:00PM BROOKE MYERS	LEVEL 1 6:00-7:30PM TZAHY MOSKOVITZ
LEVEL 2 2:00-3:30PM MATT DREYFUS	LEVEL 3 5:30-7:15PM MATT DREYFUS	LEVEL 3 5:15-7:00PM TZAHY MOSKOVITZ	GENTLE 3:30-5:00PM DMITRI SHAPIRA	LEVEL 1 2:30-4:00PM MICHELLE LARUE	LEVEL 1 5:00-6:30PM DMITRI SHAPIRA	
LEVEL 2 4:15-5:45PM JUDITH ISAACS	LEVEL 2 7:00-8:30PM TORI MILNER	## PRANAYAMA 5:30-7:00PM BROOKE MYERS	LEVEL 4 5:15-7:15PM LUCIENNE VIDAH	LEVEL 2 2:45-4:15PM LARA WARREN		
LEVEL 1 5:15-6:45PM SHARON COTUGNO	LEVEL 1 7:30-9:00PM JAMES MURPHY	LEVEL 2 5:45-7:15PM DMITRI SHAPIRA	LEVEL 2 5:30-7:00PM JAMES MURPHY	LEVEL 2 5:30-7:00PM HUGH MILLARD		
LEVEL 2 5:30-7:00PM HUGH MILLARD		LEVEL 2 7:15-8:45PM NIKKI COSTELLO	LEVEL 1 7:15-8:45PM KAVI PATEL	LEVEL 1 5:45-7:15PM HECTOR MARTINEZ		
LEVEL 3 7:00-8:45PM MICHELLE LARUE		LEVEL 1 7:30-9:00PM LARA WARREN	LEVEL 2 7:30-9:00PM NAGHMEH AHI	## RESTORATIVE 7:15-9:00PM BOBBY CLENNELL		
LEVEL 1 7:15-8:45PM LUCIENNE VIDAH						

## BROOKLYN DAILY CLASS SCHEDULE

MON	TUE	WED	THUR	FRI	SAT	SUN
LEVEL 1/2 10:00-11:30AM SUSAN TURIS	LEVEL 1 8:30-10:00AM DEIDRA DEMENS	LEVEL 1/2 10:00-11:30AM NAGHMEH AHI	LEVEL 1/2 10:00-11:30AM DMITRI SHAPIRA	LEVEL 2 9:30-11:00AM CORY WASHBURN	LEVEL 1 10:00-11:30AM MICHELLE LARUE	LEVEL 1 10:00-11:30AM KEVIN ALLEN
LEVEL 1 12:30-2:00PM SANTIAGO HERNANDEZ	LEVEL 1/2 12:00-1:30PM LARA WARREN	LEVEL 3 11:30AM-1:15PM EVE HOLBROOK	LEVEL 3 12:00-1:45PM LARA WARREN	LEVEL 1 10:00-11:30AM TORI MILNER	LEVEL 2 10:15-11:45AM EVE HOLBROOK	LEVEL 2 11:15AM-12:45PM SUSAN TURIS
* HIV 2:00-3:30PM RICHARD JONAS	LEVEL 2 5:45-7:15PM CAROLYN CHRISTIE	LEVEL 2 12:30-2:00PM MIMI VISSER	LEVEL 2 5:30-7:00PM RACHEL FEINBERG	LEVEL 1 6:00-7:30PM DAN SHUMAN	LEVEL 1 12:30-2:00PM EVE HOLBROOK	LEVEL 1 1:00-2:30PM MIMI VISSER
LEVEL 1 5:45-7:15PM RICHARD JONAS	GENTLE 6:30-8:00PM ROSE ALEXANDER	LEVEL 2 5:45-7:15PM JAMES MURPHY	LEVEL 1 5:45-7:15PM NIL AKIN	LEVEL 2 7:00-8:30PM DEIDRA DEMENS	GENTLE 4:00-5:30PM RICHARD JONAS	LEVEL 1 3:00-4:30PM RACHEL FEINBERG
LEVEL 2 6:00-7:30PM NAGHMEH AHI	LEVEL 1 7:30-9:00PM HECTOR MARTINEZ	ALL LEVELS 6:00-7:15PM COMMUNITY CLASS*			LEVEL 1 5:45-7:15PM KAVI PATEL	LEVEL 3 5:30-7:15PM NAGHMEH AHI
		LEVEL 1 7:30-9:00PM DAN TRUINI				LEVEL 1 6:45-8:15PM DAN TRUINI

### NEW STUDENT OPTIONS

We welcome new students and beginners to attend any of our beginner options or any Level 1 class to become familiar with the fundamentals of the Iyengar Yoga method. Please pre-register before joining us.

INTRODUCTORY CLASSES	BEGINNER SERIES
<p><b>NEW YORK</b> SAT, JULY 7   10:00-11:30AM HECTOR MARTINEZ</p> <p><b>BROOKLYN</b> SUN, JULY 8   5:00-6:30PM DEIDRA DEMENS</p> <p><b>\$15 / CLASS</b></p>	<p><b>NEW YORK</b> SAT, JULY 14, 21, 28   10:00-11:30AM HECTOR MARTINEZ</p> <p><b>BROOKLYN</b> SUN, JULY 15, 22, 29   5:00-6:30PM DEIDRA DEMENS</p> <p><b>\$45 / SERIES</b></p>

### CLASS DESCRIPTION

<p><b>LEVEL 1</b> Fundamental poses. New students may attend any Level 1 class.</p> <p><b>LEVEL 2</b> Basic postures are refined and <i>Sirsasana</i> (headstand), full arm balance, backbends, and <i>Pranayama</i> are introduced.</p> <p><b>LEVEL 3</b> For students who are able to do <i>Sirsasana</i> for five minutes and push up into <i>Urdhva Dhanurasana</i>. <i>Sirsasana</i> variations, intermediate postures, and seated <i>Pranayama</i> are taught. Independent practice should be established.</p> <p><b>LEVEL 4</b> For students who have gained a proficiency in Level 3 and who hold <i>Sirsasana</i> and <i>Sarvangasana</i> for ten minutes. Students should have a well established, regular home practice.</p>	<p><b>GENTLE</b> A moderately paced, less rigorous class for new and continuing students.</p> <p><b>## PRANAYAMA</b> The practice of breath awareness and modification. Six months Iyengar Yoga experience required.</p> <p><b>## RESTORATIVE</b> Rejuvenating and supported postures that soothe the nervous system. Six months Iyengar Yoga experience required.</p> <p><b>## SPECIFIC NEEDS</b> Safe and effective yoga programs for students who have injuries, chronic conditions, or other individual needs. Space is limited. By application only.</p>	<p><b>## WOMEN'S</b> Emphasis on postures for the physical and psychological well-being of women.</p> <p><b>* BREAST HEALTH</b> Specifically tailored to the physical, psychological, and emotional needs of breast cancer survivors, including those undergoing treatment.</p> <p><b>* HIV</b> Postures appropriate for people living with HIV/AIDS.</p> <p><b>* SUTRA STUDY</b> Informal study group.</p> <p><b>## SPECIAL CLASS * NO FEE</b></p>
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FOR OUR LOCATIONS AND MORE INFORMATION  
PLEASE VISIT [IYENGARNYC.ORG](http://IYENGARNYC.ORG)

## WORKSHOPS

### NEW YORK: SUNDAYS, 2:00-4:00PM

**WORKING WITH YOUR LIMITATIONS**  
 JULY 8 | ALL LEVELS  
 BROOKE MYERS  
 Explore how to discern when to accept what you cannot do and find an appropriate alternative or when to aim for the pose in spite of physical difficulties.

**STANDING POSES ON THE ROPES**  
 JULY 15 | LEVEL 2 & UP  
 KAVI PATEL  
 Experience lightness, firmness, freedom, and space in the foundational standing poses by using the ropes to suspend and support yourself.

**UNDERSTANDING THE SPINE**  
 JULY 22 | LEVEL 2 & UP  
 DEBBY GREEN  
 Learn to identify the different segments of the spine and how to activate them in a variety of *asanas*.

**UN-GIRDLE YOUR PELVIC GIRDLE**  
 JULY 29 | LEVEL 2 & UP  
 NORMA COLÓN  
 Keep your pelvic regions flexible and strong by opening the hips and groins, and lengthening the thighs. Relieve sciatica and piriformis syndrome.

**SEATED FORWARD EXTENSIONS**  
 AUG 5 | LEVEL 2 & UP  
 LUCIENNE VIDAH  
 Effort and effortlessness are the pillars of this group of *asanas*. Adopt a cool brain in the midst of the summer heat.

**THE 5 VAYUS**  
 AUG 12 | LEVEL 2 & UP  
 BOBBY CLENNELL  
 The yoga tradition describes five movements or functions of *prana* - our life force - known as the *vayus* (literally winds): *prana*, *apana*, *samana*, *udana*, and *vyana*. Come learn the parts of the body they govern and how to work with them in your *asana* practice.

**ALL ABOUT THE BASE**  
 AUG 19 | ALL LEVELS  
 CAROLYN CHRISTIE  
 Find out how to work with the feet, ankles, and shins to create the base for stability and mobility in the *asanas*.

**SUNSHINE AND RAINBOWS**  
 AUG 26 | ALL LEVELS  
 ADAM VITOLO  
 Come and open the body from the center to the edges, like a rainbow, creating a sense of balance between the two sides of the body and evenness in the mind.

\$30 MEMBERS | \$40 NON-MEMBERS

### BROOKLYN: SATURDAYS, 3:30-5:30PM

**POWERFUL WARRIORS**  
 JULY 14 | ALL LEVELS  
 DEIDRA DEMENS  
 Named after the great and courageous warrior *Virabhadra*, the warrior poses are powerful: they strengthen the legs, lift the sides, and open the chest and help us unleash the warrior within.

**LIFT YOUR CHEST!**  
 JULY 28 | LEVEL 2 & UP  
 SANTIAGO HERNANDEZ  
 Learn how to open your chest through the fundamental back-bending poses to lead to a more alert, positive, and optimistic state.

**ABDOMINALS!**  
 AUG 4 | LEVEL 2 & UP  
 EVE HOLBROOK  
 Develop core awareness through a variety of poses, exploring the balance between abdominal strength and suppleness.

**TECHNOLOGY ANTIDOTE**  
 AUG 11 | ALL LEVELS  
 ROSE ALEXANDER  
 Come explore strategies to relieve stress, tightness, and tension in your neck, shoulders, wrists, and thumbs.

**THE SECRET GARLAND**  
 AUG 18 | ALL LEVELS  
 NIKKI COSTELLO  
 Explore the benefits of working up to and into the pose *Malasana* to both tone the abdominal organs and soothe the back.

\$30 MEMBERS | \$40 NON-MEMBERS

## SPECIAL SERIES

**YOGA & SCOLIOSIS:  
 ADDRESSING ASYMMETRY**  
 THU, JULY 12, 19, 26  
 3:00-4:30PM  
 ALL LEVELS | NEW YORK  
 MARCIA MONROE  
 Appropriate for students with minor back pain, asymmetries, and scoliosis. Improve your posture, balance, strength, and mobility while promoting healthy extension of the spine and awareness of the breath.

\$65 MEMBERS /  
 \$80 NON-MEMBERS  
 \*NO DROP-INS

**HEALTHY HIPS**  
 SAT, JULY 28 & AUG 4, 11  
 2:00-3:30PM  
 ALL LEVELS | NEW YORK  
 BOBBY CLENNELL  
 Learn the fundamental actions that increase strength and flexibility and promote the health of the hip joint.

\$65 MEMBERS /  
 \$80 NON-MEMBERS  
 \*NO DROP-INS

**FLUIDITY, FORM, AND  
 FUNCTION**  
 MON, AUG 6, 13, 20  
 3:15-5:00PM  
 LEVEL 3 & UP | NEW YORK  
 CARRIE OWERKO  
 Learn how to create stable yet fluid movement in our yoga *asana* practice. We will look at functionality as well as form, and explore fun ways to develop the type of motor control that helps make fluid graceful movement possible.

\$70 MEMBERS /  
 \$85 NON-MEMBERS  
 DROP-IN ALLOWED ON THE  
 DAY-OF IF SPACE PERMITS.

**HEALTHY NECK &  
 SHOULDERS**  
 SUN, AUG 5, 12, 19  
 12:00-1:30PM  
 ALL LEVELS | BROOKLYN  
 KEVIN ALLEN  
 Learn how to let go of strain and move the neck, shoulders, and upper back with ease.

\$65 MEMBERS /  
 \$80 NON-MEMBERS  
 \*NO DROP-INS

## CONTINUING EDUCATION

TUE, JUL 10, 17, 24 | 3:00-5:00PM  
 NAGHMEH AHI, MATT DREYFUS, TORI MILNER & JAMES MURPHY

Continuing Education Series for all current and past teachers in training, certified or not. We will be covering both teaching principles and hands-on-adjustments for: standing poses, inversions, seated poses, and twists.

\$50 CLASS / \$135 SERIES

### HOLIDAYS & MODIFIED SCHEDULE

**INDEPENDENCE DAY**  
 JULY 4 | CLOSED  
**LABOR DAY**  
 SEP 2-3 | CLOSED

### SPECIAL EVENT

**GURU PURNIMA**  
 SAT, JUL 28 | 7:00PM | NEW YORK  
 A celebration of our teachers.