

CENTER FOR IYENGAR YOGA

Schedule for 2024 Spring Iyengar Yoga Session

April 8 - June 30, 2024 (12 Weeks)

Name: _____ Phone: _____

Address: _____

Email: _____ Emergency Contact: _____

Please indicate all weekly and/ or special classes you are registering for:

Class: _____ Day: _____ Time: _____ Fee: _____

Class: _____ Day: _____ Time: _____ Fee: _____

Class: _____ Day: _____ Time: _____ Fee: _____

Check Number: _____ Total: _____

Please indicate alternate class day(s) and time(s) you are available to attend here:

By signing below, I assume full responsibility for my safety and well-being before, during, and after participating in yoga classes (either in-studio or online) with the Center for Iyengar Yoga. My signature also confirms that any doubts I have about my fitness have been cleared by a physician or other licensed healthcare professional prior to my participation in classes at the Center for Iyengar Yoga. (Please attach a sheet indicating any injuries or medical conditions that your teacher should be aware of to this form.)

Signature: _____ Date: _____

Weekly Schedule of Classes*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning							
Later Morning	Level I/II 9:00 - 10:30					Level I/II 9:00 - 10:30	Level I/II w/Michelle 9:00 - 10:30
Early Evening			Level II/III 5:45 - 7:15		Friday Special Classes		Sunday Special Topics
Later Evening			Beginner 7:30 - 8:45				

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2024 Spring Session Details

CLASS DESCRIPTIONS

Beginner: With a focus on the fundamentals of Iyengar Yoga, these classes are ideal for newcomers to the practice, students with particular needs or limitations, or students from other methods who want to improve their foundational skills.

Level I: For all students who want to learn the basics of Iyengar Yoga—alignment, sequencing, prop usage, basic philosophical principles that guide practice. All essential categories of postures and basic pranayama techniques are taught to empower students to establish a personal (or “home”) yoga practice.

Level II: For students with some experience (approximately 6 months) of Iyengar Yoga. Familiarity with standing postures, basic alignment, and how to set-up headstand and shoulderstand is required, as is a willingness to begin practicing inversions and backbends. A minimum 6 months regular class attendance and some regularity in home practice is recommended as a pre-requisite to this class as we begin to explore pranayama practices in greater detail.

Level III: For continuing students of the Iyengar method (suggested 2 years continuous Iyengar yoga practice as a pre-requisite). Deeper and subtler work in all categories of asana will be involved as will more subtle pranayama practices requiring a stable body and steady mind. Inversions are regularly held for at least 5 minutes at this level.

Private Lessons: For individual and small groups (4 students or less) seeking focused, personalized instruction.

Studio Policies:

- Classes are offered both in-person and online. Studio class spaces will be offered on a first come, first served basis.
- All necessary props will be provided for in-person class attendees.
- Please arrive for class on time and be prepared to stay for the entire class.
- Please refrain from eating for at least 2 hours prior to class (4 hours for heavy meals).
- Wear comfortable clothing (shorts or tights and a t-shirt); be prepared to practice barefoot.
- **The studio is a scent-free zone.** Please do not wear perfumes or other heavy scents to class.
- Please inform your teacher if you have any acute or chronic health conditions.

Make-up Policy:

- You can make-up missed classes at any other class **within the posted dates for the session** (see front).
- Your subscription must be current to be eligible for make-ups.
- You can make up in any class one level above, or one level below, either before or after missing your class.
- Any missed classes not made up by the end of the Session do not “carry over” to the next session.

Studio Fees*

Single (Drop-In) Class: \$28

Weekly subscription (one class per week): \$300

Two classes per week: \$528

Three classes per week: \$756

*Prorated rates are available for those who cannot attend all 12 weeks of the session (must register for at least 6 weeks).

Private Lesson: Please call 248.821.9642 to discuss program.

Refund Policy:

- Refunds are given through the first week of the session only. A \$20 cancellation fee may be applied.
- Missed classes must be made up by the end of the session. You can make up in any class one level above, or one level below, either before, or after missing your regularly scheduled class.

To register by mail: please fill out registration form, make check payable to “Center for Iyengar Yoga,” and mail to:
1204 East 11 Mile Road, Royal Oak, MI 48067

To register electronically, please sign and scan the registration form and email to: hello@centerforiyengaryoga.com

To pay online, please visit our website (below), or pay by Venmo (@CFIYoga), or CashApp (\$CFIYoga)

For more information, please call 248.821.YOGA (9642)