

## IYENGAR YOGA

Iyengar Yoga is based on the teaching of Shri B.K.S. Iyengar, world renowned Yoga master and author. In Iyengar Yoga, a variety of postures and breathing techniques are taught emphasizing correct alignment and the use of props to meet the individual needs of students. Each class is a blend of energizing and relaxing poses which improve physical vitality, mental clarity, and emotional serenity.

**Vicky Elwell, RYT**, is an Intermediate Junior I Certified Iyengar Yoga Instructor. She is also a Registered Yoga Teacher with Yoga Alliance. She has devoted many years of extensive study in the Iyengar method, including study in Pune, India, with B.K.S. Iyengar, his daughter, Geeta Iyengar, and son, Prashant Iyengar, all as part of the rigorous Iyengar certification process, that assures a student competent and safe yoga instruction, adapted to individual needs.



To register, use the enclosed form or contact Vicky at:

440-282-4701

440-258-7941

[vicky@vickyelwell.com](mailto:vicky@vickyelwell.com)

Or visit our Website

[www.vickyelwell.com](http://www.vickyelwell.com)



**The Yoga Loft in the Village**  
5445 Detroit Road  
Sheffield Village, Ohio 44054

## YOGA In the Iyengar Tradition



## Vicky Elwell

Certified Iyengar Instructor

Registered Yoga Teacher

**The Yoga Loft in the Village**

5445 Detroit Road

Sheffield Village, Ohio 44054

**November/December  
2017**

## CLASS SCHEDULE

Day	Time	Level
SUN	10:00-11:30 am	I
MON	6:30-8:00 pm	I/II
TUES	9:30-11:00 am 7:00-8:30 pm *	II I/II
WED	9:30-11:00 am 6:00-7:30 pm	I/II II/III
THURS	9:30-11:00 am	I/II
SAT	9:00-10:30 am**	I

\*Taught by Arabella Mondello

\*\*Taught by Chris Romer

## CLASS FEES

### Class Session (8 weeks)

1 class per week:	\$13 (\$104)
2 classes per week:	\$12 (\$192)
3 classes per week:	\$11 (\$264)

### Individual Classes

Drop-in:	\$15
Private class:	\$35 per half hour
Special Class:	
In advance:	\$30
At the door:	\$40
Bhagavad Gita Study	N/C

### GIFT CERTIFICATE

Get a friend to sign up for a Session and receive a \$25.00 Gift Certificate towards your

## CLASS SESSION

### FREE TRIAL CLASSES

During the first week of the Session (Oct. 29 - Nov. 4), all classes are open for a free class to new students.

### SPECIAL CLASS

#### Sequences for Digestion

Sat. Nov. 18 - 11:00 am-1:00 pm  
\$30 in advance; \$40 at the door

### BHAGAVAD GITA STUDY

Wed. Nov. 8 - 7:30-8:30 pm

Wed. Dec. 13 - 7:30-8:30 pm

### GROUP DINNERS

Istanbul Mediterranean Grill

Wed. Nov. 1 - 8:00 pm

Wed. Dec. 6 - 8:00 pm

### COMING EVENTS

Manouso Manos Nov 13

(See website for details)

Candlelight Restorative

Thur. Dec. 21 - 6:00-8:00 pm - \$30

(Christmas Party immediately after at Istanbul Mediterranean Grill)

### NO CLASS

Wed. Nov. 22 (evening class only) &

Thur. Nov. 23 (Thanksgiving)

### POLICIES

A missed class may be made-up at any other class during the Session or the first week of the next paid Session.

#### **Drop-Ins are welcome!**

\*Class cancellations and schedule changes will be posted on the website under "News"

### CLASS DESCRIPTIONS

**Level I** Class for beginners. Fundamental principles, basic alignment, and yoga terminology are taught.

**Level II** Building on principles learned in Level I with an introduction to intermediate poses. Basic poses are refined.

**Level III** For the more experienced students. Intermediate poses are refined and advanced poses are introduced.

\*The leveling of classes is to give the student an idea of the types of poses that will be taught. However, any skill level is welcome at any class as the teacher will modify poses or suggest alternate poses to adapt to a student's skill level.

## REGISTRATION FORM

October 29 - December 21

### CLASS SESSION

### FEES

- |  |       |
|--|-------|
| <input type="checkbox"/> 1 class per week<br>Sun-Mon-Tue1-Tue2-Wed1-Wed2-Thu-Sat<br>(circle 1)   | _____ |
| <input type="checkbox"/> 2 classes per week<br>Sun-Mon-Tue1-Tue2-Wed1-Wed2-Thu-Sat<br>(circle 2) | _____ |
| <input type="checkbox"/> 3 classes per week<br>Sun-Mon-Tue1-Tue2-Wed1-Wed2-Thu-Sat<br>(circle 3) | _____ |
| <input type="checkbox"/> Digestion Class   | _____ |
| <input type="checkbox"/> Candlelight Rest.   | _____ |
| <b>Total</b>   | _____ |

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

“On this path no effort is wasted, no gain is ever reversed. Even a little of this practice will shelter you from great sorrow.”