

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:
440-434-4233
440-258-7941
vicky@vickyelwell.com
Or visit our Website
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

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**September/October
2019**

CLASS SCHEDULE

Day	Time	Level
MON	6:00-7:30 pm	I/II
TUES	9:30-11:00 am	II
	12:15-1:15 pm*	I/II
	6:30-8:00 pm**	I
WED	6:00-7:30 pm	II/III
THURS	9:30-11:00 am	I/II

*Oberlin College

**Taught by Cathy Colleran

CLASS FEES

Class Session (8 weeks)

1 class per week:	\$13.50 (\$108)
2 classes per week:	\$12.50 (\$200)
3 classes per week:	\$11.50 (\$276)

Individual Classes

Drop-in:	\$15
Private class:	\$35 per half hour

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 (Sept. 3 - 9), all classes are open for a free class to new students.

SPECIAL CLASSES

\$30 in advance/\$35 at the door

Anxiety Workshop

Sat. September 21 - 10:00 am-12:00 noon

Backcare Workshop

Sat. October 19 - 10:00 am-12:00 noon

GENTLE YOGA WITH GUIDED MEDITATION

\$20 in advance/\$25 at the door

Sun. September 15 - 10:00-11:30 am

Sun. October 27 - 10:00-11:30 am

GROUP DINNERS

Istanbul Grill

Wed. September 4 - 8:00 pm

NO CLASS

None anticipated this Session

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

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 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

September 3 - October 27

CLASS SESSION

FEES

- | | |
|---|-------|
| <input type="checkbox"/> 1 class per week
Mon-Tue1-Tue2-Tue3-Wed-Thu
(circle 1) | _____ |
| <input type="checkbox"/> 2 classes per week
Mon-Tue1-Tue2-Tue3-Wed-Thu
(circle 2) | _____ |
| <input type="checkbox"/> 3 classes per week
Mon-Tue1-Tue2-Tue3-Wed-Thu
(circle 3) | _____ |
| <input type="checkbox"/> Anxiety Workshop | _____ |
| <input type="checkbox"/> Backcare Workshop | _____ |
| <input type="checkbox"/> Meditation 9/15 | _____ |
| <input type="checkbox"/> Meditation 10/27 | _____ |

Total

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."