## **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 and been teaching yoga for over 20 years. 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.



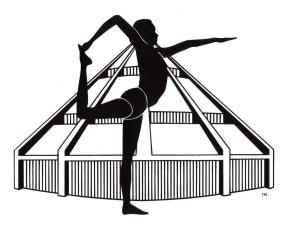
To register, use the enclosed form or contact Vicky at:
440-434-4233
440-258-7941
vicky@vickyelwell.com
Or visit our Website
www.vickyelwell.com



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

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

November/December 2023

# **CLASS SCHEDULE**

Day	Time	Level
TUES	9:30-11:00 am Studio	All
	6:00-7:30 pm Studio/Z	All oom
THUR	9:30-11:00 am Studio/Z	All oom
	6:00-7:30 pm Studio	All

\*The Zoom Invitation link can be found on the website.

# **CLASS FEES**

# Class Session (8 weeks)

\$15.00 (\$120.00) 1 class per week: 2 classes per week: \$13.00 (\$208.00)

## **Individual Classes**

Drop-in: \$17 Private class: \$35 per half hour Special Class: \$30/\$40 at the door Candlelight Restorative \$25

#### GIFT CERTIFICATE

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

# **CLASS SESSION**

#### FREE TRIAL CLASSES

During the first week of the Session (Oct. 31 - Nov. 2), all classes are open for a free class to new students.

#### SPECIAL CLASS

Candlelight Restorative Class Thursday, Dec. 28 - 6:00-7:30 pm

#### **GROUP DINNERS**

Istanbul Mediterranean Grill 35840 Chester Rd., Avon November 2 - 7:45 pm December 28 - 7:45 pm

#### **NO CLASS**

October 31 (evening class only) November 23 (Thanksgiving)

#### **POLICIES**

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

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

> > See website for more details.

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 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 31 - December 21

<u>CLA</u>	ASS SESSION	<u>FEES</u>
	1 class per week Tue1-Tue2-Thu1-Thu2 (circle 1)	
	2 classes per week Tue1-Tue2-Thu1-Thu2 (circle 2)	
	Candle Restorative	
Tota	al	
	Payment may be made by Venmo (Vicky-Elwell),	
	ayPal (vicky@vickyelwell.com)	
Pa Name	ayPal (vicky@vickyelwell.com)	
Name		
Name		

will shelter you from great sorrow."