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 II 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

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November/December 2026

CLASS SCHEDULE

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

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

CLASS FEES

Class Session (8 weeks)

1 class per week: $16.00 ($128.00)
2 classes per week: $14.00 ($224.00)

Individual Classes

Drop-in: $18
Private class: $35 per half hour
Special Class: $20

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 (October 27-29), all classes are open for a free class to new students.

SPECIAL CLASSES

Emotional Stability Class—$20
November 14 - 9:30-11:00 am

Candlelight Restorative—$25
December 17 - 6:00-7:30 pm

NO CLASS

November 24 (evening class)
November 26

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!

Any cancellations or schedule changes due to weather or other circumstances will be promptly posted on our website under *News & Announcements*. We will also notify current students by email.

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 27 - December 17

CLASS SESSION	FEES
☐ 1 class per week (Tue1-Tue2-Thu) (circle 1)	_____
☐ 2 classes per week (Tue1-Tue2-Thu) (circle 2)	_____
☐ Emotional Stability	_____
☐ Candlelight Rest.	_____
Total	_____

Payment may be made by Venmo (Vicky-Elwell), PayPal (vicky@vickyelwell.com) or cash/check.

_____
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."