

Inner Life Yoga Studio LLC

Summer Session III 2010 Schedule August 9 – September 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:45 – 10:00 am Introduction to Yoga/Continuing Beginner Kimberly				
9:00 - 11:00 am Level I/II Kimberly		10:15 – 11:45 am Level I Kimberly	12 n – 12:45 pm Lunchtime Yoga Margaret	9 – 10:30 am Individualized Yoga Kimberly	9 – 10:30 am Multilevel Siegfried	9:30 – 11 am Level I Margaret
	10:00 - 11:30 am 50+ Yoga Jean	12 n – 1 pm Pranayama Kimberly		11 am – 12:30 pm 50+ Yoga Kimberly	10:45 am – 12 n Continuing Beginner Marleen	11:15 am – 12:30 pm Intro to Yoga Margaret
5:30 – 7 pm 50+ Yoga Margaret	5:30 – 6:45 pm Continuing Beginner Margaret	5:15 – 6:45 pm Yoga for Neck and Shoulders Siegfried	5:45 – 7 pm Intro to Yoga Sharon		10:45 am – 11:45 am Pranayama Siegfried	
Healthy Living Program Kimberly	Introduction to Yoga Siegfried	5:45 – 6:45 pm Gentle Yoga Ora	5:30 – 7:30 pm Level II-III Siegfried			
7:15 – 8:45 pm Level I/II Kimberly	7:00 – 8:30 pm Level I Siegfried	7 – 8:30 pm Level II Siegfried	7:15 – 8:15 pm Vinyasa Jean	5:30 – 8:30 pm Level I-III Siegfried (monthly)	3 – 5 pm Special Topics (monthly)	

(304) 296-1744

info@innerlifeyoga.com



Certified Iyengar Yoga Instruction

www.innerlifeyoga.com

All classes are held at our location in Chelsea Square, 1137 Van Voorhis Rd, Suite 45, Morgantown

Introduction to Yoga (& Lunchtime Yoga) is geared toward beginners to yoga, or those new to the Iyengar method of teaching yoga: all ages and fitness levels are welcome. This course is six weeks. *Aug 9 – Sep 19; Tu 5:30 pm, We 8:45 am, Th 12n, 5:45 pm, Su 11:15 am*

Continuing Beginner is for students who have completed Introduction to Yoga, or either of the former Beginner A/B course, and who prefer not to move to Level I classes. *Aug 9 – Sep 19; Tue 5:30 pm, Wed 8:45 am, Sat 10:45 am*

Gentle Yoga is for students who prefer to focus on the restorative side of asana practice, while still stretching tight muscles.

Level I classes are for students who have completed Introduction to Yoga. Inversions and simple back-bends are introduced. *Aug 9 – Sep 19; Mo 5:30 pm, Tu 7 pm, We 10:15 am, Su 9:30 am*

Level II classes are for students who have been taking Level I classes for at least one year, and who are confident in coming up in head stand

Level I-III is a monthly 3-hour workshop with a different focus each month (please see www.innerlifeyoga.com for topic information)

Level III/III is for experienced students with a regular practice. Variations in sirsasana and sarvangasana, back-bends, forward-bends and twists of all kinds, and pranayama are taught in these classes.

Multilevel is open to all students who have completed Introduction to Yoga and one session of Continuing Beginner, or who have experience in other styles of yoga.

Pranayama, regulation of the breath, is for Level I students and up.

Special Topics is a monthly 2-hour workshop with a different focus each time. No experience necessary (check www.innerlifeyoga.com)

Healthy Living Program is an educational and experiential program that combines yoga with an anti-inflammatory whole foods diet eliminating addictive and allergic foods. This program enhances vitality, detoxification, digestion, elimination, weight loss, and overall health.

Individualized Yoga classes use support and an individualized sequence of poses to address special needs of students. Call for information.

Yoga for Neck and Shoulders, August 11 - September 15, teaches correct actions in the shoulders and rib cage in poses specifically modified to help with stiff shoulders and neck, limited mobility or injuries. Pre-registration is required. Cost is \$95.40 incl. tax for 6 weeks, no walk-ins.

Vinyasa is open to beginners and experienced students alike. Poses are taught individually, and linked together in energizing sequences.

50+ Yoga These classes address the flexibility, balance and other health needs of those who are 50 years or more. The poses taught in this course include many of the poses taught in the Beginner course, but some of them are modified, with an emphasis on using support (of wall ropes and other props). Overall the approach is a gentler one than in the regular Beginner course.

60 min class: \$48+6% tax/6x, \$10+6% tax/ walk-in 60 min individual session: \$60+ 6% tax
75 min class: \$54+6% tax/6x, \$11+6% tax/ walk-in 45 min class: \$42+6% tax/6x, \$9+6% tax/ walk-in
90 min class: \$60+6% tax/6x, \$12+6% tax/ walk-in 120 min class: \$80+6% tax/6x, \$15+6% tax/ walk-in
90 min Individualized Yoga: \$90+6% tax/6x, \$20+6% tax/1x
Unlimited Option: \$150 +6% tax for 6 weeks, any number of 60 min or 90 min classes (except Yoga Therapy)
Work-study exchange available—call (304) 296-1744 for information

Classes must be made up in period signed up for

Preregistration Recommended

Please do not wear scents to class, as some students are allergic to them

Please turn cell phones off before class begins