

# *Inner Life Yoga Studio LLC*

## *Winter Session I 2012 Schedule January 2 – February 19*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
		9 – 10:15 am <b>Intro to Yoga/Continuing Beginner</b> Kimberly			9 – 10:30 am <b>Multilevel</b> Siegfried	
9:15 - 11:15 am <b>Level I/II</b> Kimberly		10:30 am – 12 n <b>Level I</b> Kimberly		9 – 10:30 am <b>Yoga Therapy</b> Kimberly		9:30 – 11 am <b>Level I/II</b> Margaret
	10:00 - 11:30 am <b>50+ Yoga</b> Jean	12:15 – 1:45 pm <b>Live the Life of your Dreams!</b> Jeanne		11 am – 12:30 pm <b>50+ Yoga</b> Kimberly	10:45 am – 12 n <b>Intro to Yoga/Continuing Beginner</b> Marleen	11:15 am – 12:30 pm <b>Intro to Yoga/Cont. Beginner</b> Jane
5:30 – 7 pm <b>50+ Yoga</b> Margaret  <b>Restorative Yoga</b> Kimberly	5:30 – 6:45 pm <b>Intro to Yoga/Continuing Beginner</b>  Siegfried	5:30 – 7 pm <b>Simply Fit</b>  Kimberly	5:30 – 7 pm <b>Level I</b> Sharon  5:30–7:30 pm <b>Level III</b> Siegfried			
7:15 – 8:45 pm <b>Level I/II</b> Kimberly	7:00 – 8:30 pm <b>Level I</b> Siegfried	7 – 8:30 pm <b>Level II</b> Siegfried	7:15 – 8:30 pm <b>Intro to Yoga/Continuing Beginner</b> Marleen	5:30 – 8:30 pm <b>Level I-III</b> Siegfried (monthly)		

**(304) 296-1744**



**[info@innerlifeyoga.com](mailto:info@innerlifeyoga.com)**

***Certified Iyengar Yoga Instruction***

## [www.innerlifeyoga.com](http://www.innerlifeyoga.com)

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

**Introduction to Yoga** is geared toward beginners to yoga, or those new to the Iyengar method of teaching yoga: all ages and fitness levels are welcome. Jan 9 – Feb 19; Tu 5:30 pm, We 9 am, Th 7:15 pm, Sa 10:45 am, 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. Jan 9 – Feb 19; Tu 5:30 pm, We 9 am, Th 7:15 pm, Sa 10:45 am, Su 11:15 am

**Level I** classes are for students who have completed Introduction to Yoga. Inversions and simple back-bends are introduced.

Jan 9 – Feb 19: Mo 9 am & 7:15 pm (I/II), Tu 7 pm, We 10:15 am, Th 5:30 pm, Su 9:30 am (I/II)

**Level II** classes are for students who have been taking Level I classes for at least one year, and who are confident 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](http://www.innerlifeyoga.com) for topic information)

**Level 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 Intro to Yoga and one session of Continuing Beginner, or have equivalent experience.

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

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

**50+ Yoga** These classes address the flexibility, balance and other health needs of those who are 50 years or more. The syllabus is similar to our Beginner course, but with an emphasis on using support (of wall ropes and other props).

**Simply Fit** 90-Day weight loss and wellness plan, based on a whole foods diet, replacing allergic and addictive foods with healthy alternatives, increasing your fitness and your resilience to stress.

**Live the Life of your Dreams!** Join us in exploring what it means to manifest your dreams, and how to live a happier life!

**\*\*Note: Winter Session I is 7 weeks for current students and starts Jan 2, and is 6 weeks for new students, starting Jan 9.\*\***

75 min class: \$63+6% tax/7x, \$11+6% tax/ walk-in      60 min individual session: \$60+ 6% tax

90 min class: \$70+6% tax/7x, \$12+6% tax/ walk-in      120 min class: \$94+6% tax/7x, \$15+6% tax/ walk-in

90 min Individualized Yoga: \$105+6% tax/7x, \$20+6% tax/1x

Unlimited Option: \$175 +6% tax for 7 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