

Change Service Requested

Yoga Class Schedule

Limited Sunday
schedule in August from
10:15 a.m. to 2:15 p.m.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 a.m.	Hatha I**	Hatha I**	Hatha I**	Hatha I**	Hatha I**		
9:15 a.m.	Hatha I	Hatha I/II	Hatha I	Hatha I	Hatha I	Hatha II	
10:00 a.m.				Gentle Hatha			
10:15 a.m.	Hatha II	Hatha I	Hatha II	Hatha II	Hatha I	Hatha I	Hatha II
10:30 a.m.	Prenatal Hatha						
11:15 a.m.	Hatha I	Hatha II/III	Hatha I/II	Hatha I	Hatha II	Hatha II	Hatha I
12:15 p.m.	Lunch Hatha*	Lunch Hatha*	Lunch Hatha*	Lunch Hatha*	Lunch Hatha*	Hatha I	Hatha II
	Open Meditation	Open Meditation	Open Meditation	Open Meditation	Open Meditation	Open Meditation	
12:30 p.m.	Postpartum Hatha▲				Postpartum Hatha▼		
1:15 p.m.	Hatha I	Deep Relaxation♥	Deep Relaxation♥	Deep Relaxation♥	Hatha I	Hatha III***	Free Introductory Class***
						H.I.V. Hatha	
2:15 p.m.	Hatha I	Hatha I	Hatha I	Hatha I	Hatha I	Hatha I	Hatha I
						Gentle Hatha	
3:15 p.m.	Gentle Hatha	Hatha I	Hatha II ‡	Hatha I/II	Hatha I	Hatha I	Hatha I/II
4:15 p.m.	Hatha I	Hatha II	Hatha I	Hatha II	Hatha II/III	Hatha II	Hatha I
		H.I.V.Hatha					
5:00 p.m.					Free Deep Relaxation		
5:15 p.m.	Hatha II	Hatha I	Hatha III***	Hatha I	Hatha III***	Hatha I	Hatha II
5:30 p.m.	Evening Hatha*	Evening Hatha*	Evening Hatha*	Evening Hatha*	Hatha I		
			Yoga for the Unemployed♦				
6:00 p.m.	Hatha I	Hatha I/II	Hatha I/II		Hatha I/II		
					Gentle Hatha		
6:15 p.m.	Hatha II/III	Hatha II/III	Hatha II/III	Hatha I/II	Hatha II	Hatha I 😊 Community Class	Hatha I
6:30 p.m.	Hatha I/II	Hatha I	Hatha I	Restorative Hatha			
6:45 p.m.		Prenatal Hatha	Prenatal Hatha	Yoga for Veterans❖			
7:15 p.m.	Hatha I	Hatha I/II	Hatha I/II	Hatha II			
7:45 p.m.	Open Meditation	Open Meditation	Open Meditation	Open Meditation			

Most classes are 1 hour and 30 minutes *45-minute class/\$13 ♥45-minute class/\$10 **1-hour class/\$15 ***1-hour and 45-minute class ‡2-hour class
▲Birth to 8 months/\$17 (please preregister) 1-hour and 15-minute class ▼8 to 18 months/\$17 (please preregister) 1-hour and 15-minute class
❖Free with Proof of Service 😊Community Class/\$5 ♦1-hour class/Free

Type of Class	Single Class	5-Class Card	10-Class Card	20-Class Card
Regular	\$17	\$80	\$150	\$260
Morning / 1 hour	\$15		\$135	
Lunch / Evening / 45 minutes	\$13		\$120	

Free Second Class and Special Discounts for New Students

1-week unlimited class card \$65	1-month unlimited class card \$195
6-month unlimited class card \$600	1-year unlimited class card \$1,008

- The IYI open-class schedule is subject to change.
- Classes may be taken on a drop-in basis, without preregistration, except for Postpartum classes. Parents are required to call on the morning of the class and speak with a receptionist to reserve a spot.
- Please wear loose-fitting clothing.
- Dressing rooms with lockers are available.
- Please do not eat for at least two hours before class.
- Please arrive at IYI well in advance of class start time.
- Latecomers will not be permitted to enter class after the first five minutes.
- Mats are provided free of charge.

Please note: IYI will be closed on Saturday, July 4, for Independence Day, and on Thursday, August 13, for a staff retreat.