

Integral Yoga Hatha Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Free Introductory Class For first-time Hatha Yoga students						5:30pm	
Morning Hatha	7:15am*	7:15am*	7:15am*	7:15am*	7:15am*		
Hatha I Beginners	10:15am 2:15pm 3:15pm 4:15pm 6:00pm 6:30pm 7:45pm	10:15am 2:45pm 4:15pm 6:00pm 6:30pm	10:15am 2:15pm 3:15pm 4:15pm 6:30pm	10:15am 2:45pm 4:15pm 6:00pm	10:15am 2:15pm 3:15pm 4:15pm 6:00pm 6:30pm 7:45pm	10:15am 12:15pm 2:00pm 3:45pm 6:00pm 7:45pm	10:15am 12:15pm 2:15pm 3:15pm 4:15pm 5:30pm
Lunchtime Hatha	12:15pm**	12:15pm**	12:15pm**	12:15pm**	12:15pm**		
Evening Hatha	5:30pm**	5:30pm**	5:30pm**	5:30pm**			
Hatha I/II Advanced beginners	6:00pm	6:30pm 7:45pm	6:00pm 7:45pm	6:30pm		5:30pm	10:15am
Hatha II Intermediate	10:15am 4:15pm 7:45pm	4:15pm 6:00pm	10:15am 4:15pm	10:15am 4:15pm 7:45pm	10:15am 6:00pm 6:30pm	8:30am 10:15am 3:45pm	12:15pm 5:30pm
Hatha II/III Advanced intermediate	6:15pm	10:15am 6:15pm	6:15pm		4:15pm	2:00pm	
Hatha III Advanced			5:30pm***	6:15pm***	6:15pm***		
Prenatal Hatha Hatha for the second and third trimesters	10:15am	6:30pm	6:30pm		10:15am	3:45pm	
Postpartum Hatha For mothers and newborns	12:15pm▲				12:15pm▼		
Gentle Hatha A slower pace adapted to your needs	4:15pm	10:15am*		10:15am	6:00pm	2:00pm	
Spanish Hatha Basic traditional Hatha in Spanish						3:45pm	
H.I.V. Hatha For people living with H.I.V. and AIDS		4:15pm	10:15am			12:15pm	
Free Deep Relaxation Class An excellent way to de-stress					5:30pm		
Kirtan Group chanting					8:00pm		
Satsang Spiritual teachings and group discussion						5:45pm	
Free Open Meditation Practicing together	12:15pm 8:30pm	12:15pm 8:30pm	12:15pm 8:30pm	12:15pm 8:30pm	12:15pm	12:15pm	
Scripture Study Yoga philosophy and psychology		6:00pm					

Most classes are 1 hour and 30 minutes/\$15 *1-hour class/\$13 **45-minute class/\$11 (not for new beginners) ***1-hour 45-minute class
*See class description ▲Birth to 8 months/\$15 (please preregister) 1-hour 15-minute class ▼8 to 18 months/\$15 (please preregister) 1-hour 15-minute class

Type of Class	Single Class	5-Class Card	10-Class Card	20-Class Card
Regular	\$15	\$70	\$130	\$220
Morning / 1 hour	\$13		\$115	
Lunch / Evening / 45 minutes	\$11		\$100	

SECOND CLASS FREE

1-week unlimited class card \$50
1-month unlimited class card \$150
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 Sunday and Monday, May 25 and 26, for Memorial Day.