



New Students
3 Classes/\$30
Plus Introductory Discounts
at All 3 IYI Stores

Yoga Class Schedule

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

Most classes are 1 hour and 30 minutes ♥45-minute class/\$10
*1-hour class/\$15 **1-hour-and-45-minute class
▲Birth to 8 months/\$17 (please preregister); 1-hour-and-15-minute class
♦Free with proof of service ▶\$5 ◆1-hour class/Free

IYI's 5-, 10-, and 20-Class Cards Never Expire!

Type of Class	Single Class	5-Class Card	10-Class Card	20-Class Card
Regular	\$17	\$80	\$150	\$260
Morning/Lunch/Evening: 1 hour	\$15		\$120	
Unlimited Class Cards	1-Week	1-Month	6-Month	1-Year
	\$65	\$108	\$600	\$1,008

DECEMBER

- 1 Yoga for a Strong Midlife Body 3
- 2 Yoga for Cancer 6
- 3 Laughter Meditation 4
- 4 Yoga for Grief Relief: Mini Retreat 6
- 5 Fundamentals of Integral Yoga: 3-Week Course 3
- 6 Meditation I Workshop 4
- Explore the Bhagavad Gita (Ongoing, Tuesdays) 4
- 8 Yoga and Qigong 3
- 10 Introduction to Thai Yoga Massage 6
- Yoga and Scoliosis 6
- Strengthening the Immune System 6
- Drum Circle 6
- 12 Yoga While Lying Down 3
- 14 Therapeutic Yoga 7
- 15 Yoga and Shamanism 4
- 17 Upper Back Relief 3
- Yoga for Labor and Delivery 6
- 22 Sufi Workshop 5
- Solstice Gong Yoga 5
- 24 **CLOSED AT 5:30 P.M. FOR CHRISTMAS EVE**
- 25 **CLOSED FOR CHRISTMAS**
- 31 108 Sun Salutations for the New Year 3
- CLOSED AT 5:30 P.M. FOR NEW YEAR'S EVE**

JANUARY

- 1 **CLOSED FOR NEW YEAR'S DAY**
- 2 Raja Asana: Sirshasana (Headstand) Workshop 3
- 3 Fundamentals of Integral Yoga: 4-Week Course 3
- Study Group on the Dhammapada (Ongoing, Tuesdays) 4
- 5 Jnana Yoga: The Direct Path 4
- Yoga and Shamanic Womb Healing 7
- 7 Meditation Course: 3-Week Immersion 4
- Beginning Ohashiatsu: 4-Day Course 6
- Yoga-Based Cognitive Behavioral Treatment of Anxiety 7
- Three Keys to Healing Trauma 7
- 8 Fundamentals of Integral Yoga: 4-Week Course 3
- 9 Integral Yoga Flow Class: Open Series 3
- 12 Abdominal Power 4
- Meditation I Workshop 4
- Applying Yoga to Daily Life—The Yama: 5-Week Course 5
- 14 Detox Yoga and Ayurveda 4
- Healing the Ayurveda Body and the Yoga Mind 4
- Drum Circle 6
- 18 Therapeutic Yoga: 4-Week Open Series 7
- 19 Yoga and Ayurveda for Weight Loss 4
- 21 Fundamentals of Integral Yoga: 4-Week Course 3
- Inner Fulfillment 5
- The Yoga of Personal Finance 6
- 22 Meditation I Workshop 4
- 23 Arthritis and Chronic Pain 7
- 25 Thai Yoga Massage Intensive 1: 5-Day Workshop 6
- 28 Structural Yoga Therapy: Intensive 1-Day Workshop 6
- Overcoming Food Cravings 7
- 31 Backward Bending 4

FEBRUARY

- 2 Ganesh Mantra Workshop 5
- 4 The Yoga of Breath 4
- The Chakras, Samskaras, and Addictions 7
- 5 Spa Day for Women 7
- 6 Fundamentals of Integral Yoga: 4-Week Course 3
- Integral Yoga Flow Class: Open Series 3
- 7 Study Group on the Dhammapada (Ongoing, Tuesdays) 4
- 11 Knee Care and Yoga 7
- Prana Made Simple 7
- Drum Circle 6
- 16 Meditation I Workshop 4
- Applying Yoga to Daily Life—The Niyama: 5-Week Course 5
- 18 Heart Health Through Nutrition and Yoga 7
- Fundamentals of Integral Yoga: 4-Week Course 3
- 23 Living Your Values 5
- 25 Laughter Meditation 4
- Health Strategies for the Black Community 7
- 26 Everyday Yoga for Arthritis/Chronic Pain 7

The Satsang and Kirtan schedules are on page 5.