



Iyengar Yoga...

alignment • safety • quiet
integrity • connection with divine

Beginning*, Experienced, and Gentle, Winter/Spring 2012:

Jan 2 – Feb 18, Feb 20 – Apr 14 & Apr 16 – Jun 2

(*classes suitable for students new to Iyengar Yoga.)

Class Times	Levels	Fees	Instructor
Mondays:			
Jan 2 – Feb 13 (7 wks), Feb 20 – Apr 9 (8 wks), Apr 16 – May 18 (6 wks)			
2:30 – 4:00 pm	Āsana I*	\$84 / \$96 / \$72	Jan Barrett
6:15 – 7:45 pm	Āsana I-II	\$84 / \$96 / \$72	Jan Barrett
Tuesdays:			
Jan 3 – Feb 14 (7 wks), Feb 21 – Apr 10 (8 wks), Apr 17 – May 29 (7 wks)			
8:30 – 10:00 am	Āsana II	\$84 / \$96 / \$84	Jan Barrett
10:15 – 11:45 am	Āsana I (Seniors)*	\$84 / \$96 / \$84	Jan Barrett
11:55 am – 12:20 pm	Meditation (all levels)*		Jan Barrett
	4 consecutive wks, \$24/Drop-in \$7		
5:45 – 7:15 pm	Āsana II	\$84 / \$96 / \$84	Carol Nichols
Wednesdays:			
Jan 4 – Feb 15 (7 wks), Feb 22 – Apr 11 (8 wks), Apr 18 – May 30 (7 wks)			
6:15 – 7:45 pm	Āsana I*	\$84 / \$96 / \$84	Jan Barrett
Thursdays:			
Jan 5 – Feb 16 (7 wks), Feb 23 – Apr 12 (8 wks), Apr 19 – May 31 (7 wks)			
1:30 – 3:00 pm	Āsana I (Gentle)*	\$84 / \$96 / \$84	Jan Barrett
5:15 – 6:20 pm	Āsana I*	\$84 / \$96 / \$84	Jan Barrett
6:30 – 8:00 pm	Āsana II	\$84 / \$96 / \$84	Jan Barrett
Saturdays:			
Jan 7 – Feb 18 (7 wks), Feb 25 – Apr 14 (8 wks), Apr 21 – June 2 (7 wks)			
9:00 – 10:30 am	Āsana I* and I-II	\$84 / \$96 / \$84	Carol Nichols

**FOURTH FRIDAYS
RESTORATIVE YOGA**
5:30–6:30PM, \$13
NO EXPERIENCE
NEEDED, RESERVATIONS
SUGGESTED

**CONNECT
TO THE QUIET**
SPECIAL PRICE FOR REDBUD
YOGA STUDENTS \$15
(REGULARLY \$21)

FEES & MAKE-UP CLASSES

Full course fee is due as classes begin; *second class free* for beginners during first 2 weeks of series (monthly payment possible with commitment to full class series). **Students may make up a missed class in any class of same or lower level, during the current class series.** Students not currently enrolled may drop into any class, fee \$15. Students enrolled in more than one class per week pay \$10 for the 2nd / 3rd class. Āsana I-II students need 8 weeks' experience in Iyengar yoga.

Private sessions available.

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