



## Iyengar Yoga...

alignment • safety • quiet  
integrity • connection with divine

### Beginning Level Classes, Winter/Spring 2012:

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

Class Times	Levels	Fees	Instructor
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#### Mondays:

Jan 2 – Feb 13 (7 wks), Feb 20 – Apr 9 (8 wks), Apr 16 – May 18 (6 wks)	Āsana I	\$84 / \$96 / \$72	Jan Barrett
2:30 – 4:00 pm			

#### Tuesdays:

Jan 3 – Feb 14 (7 wks), Feb 21 – Apr 10 (8 wks), Apr 17 – May 29 (7 wks)	Āsana I (Seniors)	\$84 / \$96 / \$84	Jan Barrett
10:15 – 11:45 am			
11:55 am – 12:20 pm	Meditation (all levels)		Jan Barrett
	4 consecutive wks, \$24/Drop-in \$7		

#### Wednesdays:

Jan 4 – Feb 15 (7 wks), Feb 22 – Apr 11 (8 wks), Apr 18 – May 30 (7 wks)	Āsana I	\$84 / \$96 / \$84	Jan Barrett
6:15 – 7:45 pm			

#### Thursdays:

Jan 5 – Feb 16 (7 wks), Feb 23 – Apr 12 (8 wks), Apr 19 – May 31 (7 wks)	Āsana I (Gentle)	\$84 / \$96 / \$84	Jan Barrett
1:30 – 3:00 pm			
5:15 – 6:20 pm	Āsana I	\$84 / \$96 / \$84	Jan Barrett

#### Saturdays:

Jan 7 – Feb 18 (7 wks), Feb 25 – Apr 14 (8 wks), Apr 21 – June 2 (7 wks)	Āsana I and I-II	\$84 / \$96 / \$84	Carol Nichols
9:00 – 10:30 am			

**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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