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www.thiyoga.com

Winter Classes - Nov 14 - Jan 29  
First Class Free for New Students

The BKS Iyengar Center of Puget

IYENGAR YOGA



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The BKS Iyengar Center of Puget Sound

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## 9-Week Winter Session

Nov 14 - Jan 29



### FIRST CLASS FREE!

Students **new** to Tree House get their first Level I or Gentle class **FREE** - through Dec. 4th.

*Please see our website for full details.*

### Class Schedule No Classes Sat. Nov. 24, Dec. 22 - Jan. 4

#### Monday

9:30 -11am	Level I	Angela
3:30 - 5pm	Gentle	Pat
6 - 7:30 pm	Gentle	Pat
7:45 - 9:15pm	Restorative*	Angela

#### Tuesday

9:30 -11am	Level II	Pat
1- 2:30 pm	Level I	Angela
6 - 7:30pm	Level I	Pat
7:45 - 9:15pm	Level I/II	Pat

#### Wednesday

9:30 -11am	Level I	Anne
6 - 7:30pm	Level I/II	Anne
7:45 - 9:15pm	Level I	Tara

\* Restorative 11/21, 12/12, 1/16

#### Thursday

9:30 -11am	Level I/II	Angela
6 - 7:30pm	Level II	Pat
7:45 - 9:15pm	Gentle	Pat

#### Friday

9:30 -11am	Level I	George
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#### Saturday

8:45 - 10:15am	Level I/II	Michelle
10:30a - 12pm	Back Care*	Tara

#### Sunday

8:45 - 10:15am	Level I	George
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\* Back Care 11/19, 12/3, 12/17, 1/7, 1/21

\* **Restorative & Backcare may not be used for make-ups**

### Registration & Policies - Please see our website for all policy information.

Students new to Iyengar Yoga may register through Dec. 4th.

Students with experience may join an appropriate class anytime during the session.

**Drop-in Policy:** Experienced students may drop in to any appropriate level class. **Fee \$16**

**Make-up Policy:** Missed Classes are to be made-up. Fees do not carry over to next session.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ How did you hear about us? \_\_\_\_\_

#### Registering for the following classes:

Day	Teacher	Time	Level	Amt. Paid
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9-Week Session	Payment Options	2 Payments (1st & 5th weeks)	New Students
Make check payable to: Tree House Iyengar Yoga	1 class a week - \$130	\$70/65	\$116 - \$60/60
	2 classes a week - \$252	\$130/130	\$238 - \$122/122
	Thurs/Fri - \$116	\$60/60	\$102 - \$55/50
	Restorative \$45	Back Care \$75 - \$25 deposit	

**Total Paid:** \_\_\_\_\_



## Teachers

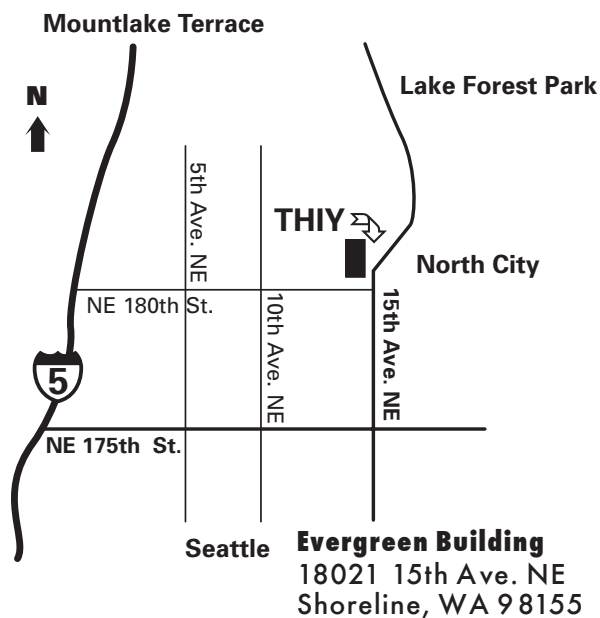
The teachers at THiy bring a wealth of experience and training to their teaching and they continue to study with senior teachers. Each is devoted to the Iyengar method for its many benefits to all types of minds and bodies. More information about each teacher may be found on our website.

- Pat Musburger**  Pat is the director of the studio and certified at the Intermediate Level.
- Tara Bernstein**  As a dancer and choreographer, Tara was drawn to yoga for its healing and mindfulness. Tara became a certified Iyengar teacher in 2009.
- Ann Geil**  Anne is a massage therapist and became a Certified Iyengar Yoga Teacher in 2009.
- Felicity Green**  The most highly certified Iyengar Yoga teacher in the Northwest, Felicity holds an Advanced Certificate granted by Mr. Iyengar. She has taught for over 40 years.
- George Kindl**  George has studied Iyengar Yoga since 2001 and is a Certified Iyengar yoga teacher.
- Ewa Lichnowska**  Ewa began studying Iyengar yoga in her native Poland in 2001. She is a psychological therapist and certified Iyengar yoga teacher. Ewa is currently on leave.
- Angela McKinlay**  Angela, a Certified Iyengar Yoga Teacher, is also a registered Dietetic Technician.
- Michelle Ringgold** Michelle, a graphic designer and artist, is an Introductory I teacher and working toward full certification.

## About Iyengar Yoga

B.K.S. Iyengar of Pune, India developed this system of yoga nearly 70 years ago. He turned 92 in 2010 and continues to teach, refine and improve the method and pass the knowledge along to his teachers and students. Of his many writings, *Light on Yoga*, is considered one of the defining texts on the subject. Iyengar yoga is taught on 6 continents and throughout the United States. Certified teachers must have years of practice & study and pass a rigorous certification exam.

Iyengar Yoga is known for its emphasis on body alignment which helps to build strength, flexibility, balance and a sense of calm, clarity, and well being. The use of props, such as blocks, belts, and blankets, helps to make this yoga accessible to everyone. Though classes emphasize the physical postures, as students progress in their practice, awareness of the body deepens. This creates calm that allows one to use yoga to connect more deeply with a chosen spiritual path.



## Workshops & Special Events - Check our website for the most up-to-date information.

**Making Peace with Your Body: Using Yoga and Mindfulness to Forge a Deeper Relationship**  
*Sat. Nov 19 2-4 pm, Anne \$20* Only minimal yoga experience needed. Everyone welcome.

**Thanksgiving Day Benefit** *Thursday Nov. 24 9—10:30am*  
 All levels of experience are invited to join George for his 4th annual class. All proceeds benefit Northwest Harvest. Pay whatever you can.

**Continuing Pranayama with Felicity Green** *Sunday Dec 4 and Sun Jan 8 1:30-3pm*  
 For students with an on-going practice of Pranayama. \$40 for both classes in advance, \$25 for individual classes.

**Tapas Practice for Teachers and Serious Students:** *Nov. 13, Dec 11, 3:00-5:00pm Pat \$20*  
 Designed to explore some of the more challenging poses often neglected in practice and class. Must be able to hold Salamba Sarvangasana and Sirsasana for 5 minutes.

**Winter Potluck to Honor B.K.S. Iyengar's 93rd Birthday** *Fri. Dec 16 6:30—8:30pm*  
 Join us for fine food, friendship and help blow out all those candles! Do some shopping as well at the silent auction to raise funds for the family of Katie Davidson. Everyone welcome.

**Yoga Therapeutic Applications for Teachers** *Felicity Green Part I Sat Jan 14, Part II Sat Feb 4 1-5pm*  
 Must currently be teaching yoga to attend classes.

**Janet MacLeod Workshop** *Jan 27—29*  
 A perennial favorite, Janet returns from the Iyengar Institute of San Francisco for the 4th year. Six months of experience required.

**NOTE:** We need to see your knees and ankles. Come with an empty stomach or eat lightly no less than 2 hours before class. **No fragrances please.**

## Class Descriptions

*Please see our website for more information about classes.*

Because Iyengar Yoga is a progressive system, students with no previous experience in Iyengar yoga must begin at Level I. Fundamentals of alignment and terminology taught at Level I are needed for performance of poses at advanced levels. Any level may be repeated as often as needed or desired.

<b>Level I: (Beginner)</b>	Classes are for students new to yoga or new to the Iyengar system. Standing poses, forward bends and twists are emphasized. Inversions and simple backbends are introduced.	<b>Restorative:</b>	Supportive poses held for longer periods of time. Brings energy and relaxation to the mind and body.
<b>Level I/II: (Continuing Beginner)</b>	A transitional class for <b>experienced</b> students ready to move into inversions and backbends.	<b>Back Care:</b>	A slow paced class for those with back pains. No serious back injuries.
<b>Level II: (Intermediate)</b>	At least 1 year of Iyengar experience. There will be regular work on headstand, back bends, and breath.	<b>Gentle:</b>	For those who want a slower pace because of limited mobility or health issues.

Private sessions and corporate presentations are available. Please phone or email the studio to inquire.