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www.thiyoga.com



The B.K.S. Iyengar Yoga Center of Puget Sound  
Tree House  
YENGAR YOGA



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## 10 - Week Session Winter Jan 25 - April 4



### Free Introductory Classes January 18 - 24

Free Introductory Classes January 18 - 24	
Monday 1/18	9:30-11am
Monday 1/18	6-7:30pm - Gentle
Monday 1/18	7:45-9:15pm
Tuesday 1/19	1-2:30pm
Tuesday 1/19	6-7:30pm
Wednesday 1/20	9:30-11am
Wednesday 1/20	4:15-5:45pm Plus Size
Wednesday 1/20	7:45-9:15pm
Thursday 1/21	7:45-9:15am
Thursday 1/21	11:30a-1pm
Thursday 1/21	7:45-9:15pm - Gentle
Friday 1/22	9:30-11am
Saturday 1/23	10:30a-12pm
Sunday 1/24	8:45-10:15am

For students new to Tree House Iyengar

Fall - Winter Classes - Jan 25 - April 4  
Free Classes Jan 18 - 24

## Class Schedule

Monday			Tuesday		
9:30 - 11am	Level I	Angela	9:30 - 11am	Level II	Pat
6 - 7:30pm	Gentle	Pat	1 - 2:30pm	Level I	Angela
7:45 - 9:15pm	Level I	Pat	6 - 7:30pm	Level I	Pat
			7:45 - 9:15pm	Level I/II	Pat
Wednesday			Thursday		
9:30 - 11am	Level I	Anne	7:45-9:15am	Level I NEW	Angela
4:15-5:45pm	Plus Size NEW	Anne	9:30 - 11am	Level I/II	Angela
6 - 7:30pm	Level I/II	Anne	11:30a-1pm	Level I NEW	Anne
7:45 - 9:15pm	Level I	Ewa	3:30 - 4:30pm	Seniors	Pat
			6 - 7:30pm	Level II	Pat
			7:45 - 9:15pm	Gentle	Pat
Friday			Saturday		
9:30 - 11am	Level I	Ewa	8:45 - 10:15am	Level I	George
			10:30am - 12pm	Level I	Michelle
Sunday					

## Registration

Students new to Iyengar Yoga may register through Feb. 14. 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 may be made up anytime during the current session.

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

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

### Registering for the following classes:

Day	Teacher	Time	Level	Amt. Paid
<hr/>				
<b>10 Week Session</b>				
		<b>Payments Options</b>	<b>OR</b>	<b>2 Payments 1st &amp; 6th weeks</b>
Make check payable to:		1 class a week - \$145		\$75/75
Tree House Iyengar Yoga		2 classes a week - \$280		\$145/145
		Seniors - \$100		<b>Total Paid</b> _____

We need to see your knees and feet. Come with an empty stomach or eat lightly not less than one hour before class. No fragrances please.

## Class Descriptons

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 maybe repeated as often as needed or desired.

<b>Level I:</b> (Beginner)	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>Gentle:</b>	Classes are for those who want a slower pace because of limited mobility or health issues.
<b>Level I/II:</b> (Continuing Beginner)	A transitional class for experienced students ready to move into inversions and backbends. Should be strong in the standing poses.	<b>Senior:</b>	Primarily done seated in a chair or using chair for support. Work on strengthening, balance, breath and relaxation.
<b>Level II:</b> (Intermediate)	Students should have 1 year of Iyengar experience. Along with refinement of the basic poses, there will be regular work on headstand, back bends, and breath.	<b>Plus Size:</b>	For rounder bodies. Active yet gentle poses that create confidence, strength and relaxation.

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

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

## Workshops & Special Events

**Weekend Workshop with Janet MacLeod Feb. 19—21** Known internationally for the clarity of her instruction and the beauty of her sequences, Janet returns to THiy for 3 days. Don't miss this opportunity to go deeper in your practice. Check our website for details and registration information.

**Prepare to Launch: Help with Inversions Sat, Jan. 16 1-3pm with Anne** Six-months of experience required.

**Stretch and Strengthen Your Hamstrings: Thurs., Jan. 21 6-7pm with Ewa** For all levels.

**Yoga Props: the Chair with Pat Sun. Jan 31 2—4pm** For experienced, adventurous students. We'll explore the use of the chair in a full range of poses from standing to backbending. The chair can teach us a great deal.

**Four-Part Pranayama Series with George Fridays 6:30—8pm Feb 5, 26 , March 5, 26** For those experienced students who want to deepen or begin their Pranayama practice. Check our website for more information.







**Eight-Part Series on the Yoga Sutras with Jo Leffingwell Saturdays 12—3pm Feb. 27, March 27, April 10, May 22, June 26, July 17, August 28, Sept. 25** This comprehensive series explores all 196 sutras of providing a modern framework in which to apply these ancient teachings. No yoga experience needed. See website for more information.

**Home Practice with Angela Sun. March 21 1—2:30pm** Appropriate for all levels.

**Back and Forth Workshop with George Sat. April 3 1—4:45pm** Shifting from backbends to forward extensions with twists in-between, this workshop for experienced students will help deepen the practice of all three.

## 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 Jr. Level.
- Anne Geil**  Anne is a massage therapist and recently became a Certified Iyengar Yoga Teacher.
- George Kindl**  George has studied Iyengar Yoga since 2001 and is a Certified Iyengar yoga teacher.
- Jo Leffingwell**  Jo began practicing yoga in 1967 and is a Certified Iyengar instructor. She has studied with the Iyengars in India and continues her studies in Sanskrit and the Yoga Sutras.
- Ewa Lichnowska**  Ewa began studying Iyengar yoga in her native Poland in 2001. She is a psychological therapist and certified Iyengar yoga teacher. Polish translation provided in her classes.
- Angela McKinlay**  Angela recently became a Certified Iyengar Yoga Teacher and is a registered Dietetic Technician.
- Michelle Ringgold** Michelle has studied Iyengar Yoga since 1999 and recently passed the Iyengar Teacher in Training assessment. She is also a graphic designer and artist.

## About Iyengar Yoga

B.K.S. Iyengar of Pune, India developed this system of yoga over 60 years ago. He turned 90 in 2008 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.

