

## CLASS DESCRIPTIONS (in Alphabetical Order)

*Our classes are appropriate for all levels except for Sundays @ 9:30am.*

*Just let your teacher know if you are a beginning student.*

**Basics** ~ Free workshops with the Yoga at the Village staff. Introduce your mind to your body, they just might like each other! Learn basic breath and relaxation techniques while becoming fit and having fun. The result? A healthy body and a calm mind...what could be better?

**Community** ~ Presented at a reduced rate and class time. Perfect for beginning & continuing students.

**Core Balance Basics** ~ Practical, 'easy to do' postures to enable the yoga, Pilates student or fitness enthusiast of all levels of ability, to build strength by using their own body weight.

**End of Week Wind-Down** ~ Say 'So-Long' to your work week with unwinding movement and breath. That's it...SIMPLE! All Levels.

**Flow** ~ Based on Ashtanga Yoga and designed to link breath with movement. Perfect for all levels.

**Form and Function** ~ Until your form makes sense, your function is impaired and possibly causing problems. Learn to prevent injury and begin to heal the aches you already have through mindfulness movement in and out of class!

**Gentle** ~ Connect with your body & spirit while you experience this gentle form of yoga. Emphasis is on the breath and the flow of energy within your body for all levels and great for beginners.

**Iyengar Yoga: Levels 1, 1-2 and 2\*** ~ The most popular style of Hatha yoga in the US today, Iyengar yoga focuses on classic positions that are done with precision and proper alignment. In this practice, students hold poses for at least one minute to gain a deep awareness of practicing the asanas (poses) as they are meant to be. Props, such as belts, ropes, blocks, bolsters and beanbags are used, allowing all body types and fitness levels to access all that yoga has to offer. \***Iyengar Level 1 for Beginners:** Level 1 provides a foundation for learning the whole scope and depth of the Iyengar method and is taught in standing poses, shoulder stand, as well as other fundamental postures, and breath awareness. This class is for beginners. \***Iyengar Level 1-2 for the Intermediate Student:** A bridge between the Level 1 and Level 2 classes. Introduction, exploration and

*DESCRIPTIONS continued next page*

expanded study of more intermediate poses (including headstand) and pranayama is taught. Designed for students who want to deepen their practice in the Iyengar yoga tradition. \***Iyengar Level 2 for the Serious Student:** Continuous study of the standing poses and basic postures with further refinement. Prior experience with Iyengar yoga experience is suggested.

**Power and Form** ~ An energetic, strong practice with movements that flow from one posture to another with emphasis on form and breath.

**Prenatal** ~ Most of our teachers are prepared to help you modify your yoga postures to keep both you and your baby safe during this very special journey. Please let us know when you can come to class and we will recommend a good fit.

**Restorative** ~ Basic seated, standing and reclining, and supported postures ideal for cultivating increased flexibility, circulation and energy-renewing and regenerating the body physically, energetically, and mentally. A blissful way to unwind. Great for Prenatal students.

**Special Needs, Seniors** ~ Learn modified poses that are safe & comfortable along with proper tension releasing breathing techniques. Excellent for beginners, seniors, those with chronic aches & pains, life threatening illness survivors, long and short term illnesses and conditions.

**Strength and Flexibility** ~ Tailored to meet the needs of the individual student and is open to all who wish to grow stronger and gain more flexibility.

**Stretch & Tone** ~ A focus on lengthening the body while strengthening and lengthening muscles and connective tissue.

**Village Signature Stretch** ~ Our Signature Stretch Classes focus on proper body alignment which allows the body to develop harmoniously in an anatomically correct way. Village Signature Classes utilize props (wooden blocks, the rope wall, the Trestle Horse, chairs, blankets and belts) so that any body in any shape, size or condition, at any age can gain the benefits of and thrive in any posture.

**ANYONE AT ANY "LEVEL" CAN GO TO ANY CLASS.**

**No Ego - No Cry**

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**Introduce your mind to your body.  
They just might like each other.®**

**Class and Workshop Schedule  
October, November, December 2011**

**Drop in...you KNOW you want to.**

**Yoga at the Village • 1306 Sonora Avenue  
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www.yogaatthevillage.com**



Yoga At The Village is a  
Registered Yoga School with Yoga Alliance.



## WEEKDAY SCHEDULE

monday		
9:00-10:15am	village signature stretch/balance	Kris Sanders*
10:30-11:45am	beginners, seniors, special needs/MS	Amina Ann Rosen•
12:15-1:30pm	village signature lunchtime stretch	Carl Dawson*
4:30-5:45pm	village signature strength/stretch	Elyse Briggs*
6:00-7:15pm	village signature form/function	Rachel McClements*
7:30-8:45pm	core balance basics	Lindsey Berry*
tuesday		
6:00-7:15am	early bird form and function	Elyse Briggs*
9:00-10:15am	village signature stretch/balance	Kris Sanders*
6:00-7:15pm	village signature classic restorative	Carl Dawson*
7:30-8:45pm	village signature relax & renew	Frances Rothenberg*
wednesday		
9:00-10:15am	village signature stretch/strength	Elyse Briggs*
10:30-11:45am	beginners, seniors, special needs/MS	Amina Ann Rosen•
4:30-5:45pm	Iyengar Level 1-2	Maryam Naghibi ∞
6:00-7:15pm	village signature stretch	Carl Dawson *
7:30-8:45pm	strength/flexibility	Matthew Clark* / Frances Rothenberg*
thursday		
6:00-7:15am	early bird form and flow!	Elyse Briggs*
9:00-10:15am	village signature stretch (great for beginners!)	Elyse Briggs*
6:00-7:15pm	village signature form and function	Carl Dawson *
7:30-8:45pm	restorative-beginners/special needs/MS	Rachel McClements*
friday		
9:00-10:15am	village signature energy and balance	Frances Rothenberg*
10:30-11:45am	beginners, seniors, special needs/MS	Amina Ann Rosen•
12:15-1:30pm	village signature lunchtime stretch	Carl Dawson*
6:00-7:00pm	end of week 'wind-down' (community)	Lindsey Berry*

SCHEDULE continued next page

## WEEKEND SCHEDULE

saturday		
7:00-8:15am	village signature form and function	Frances Rothenberg*
9:00-10:15am	strength & flexibility	Elyse Briggs*
10:30-11:30am	community stretch & tone	Jane Krueger*
sunday		
8:00-9:15am	village signature form & flow	Frances Rothenberg*
9:30-11:00am	Iyengar Level 2 (for more experienced students)	Scott Hobbs ∞
11:00am-12 noon	intro to yoga (first Sunday/every month) FREE	YV Staff
5:00-6:15pm	village signature classic restorative	Elaine McCoy*
7:00-8:00pm	community power flow and form	Natasha Snow Needles*

\* Registered Yoga Teacher ∞ Certified Iyengar • Anusara Inspired

Our classes are appropriate for all levels *except* for Sundays @ 9:30am.  
Just let your teacher know if you are a beginning student.

Schedule is definitely likely to change, sometimes without notice.  
Please visit [www.yogaatthevillage.com](http://www.yogaatthevillage.com) for the most current schedule.

**Y**oga at the Village welcomes seniors, adults, kids, teens, the yoga challenged and the skeptical! You're neither too young nor too old...we promise! Demystifying the cynic is our goal.

**Our principle?** If you introduce your mind to your body, they just might like each other. Classes are a fusion of several styles and geared toward whoever walks in the door. Everyone is welcome to any class no matter what "level" the class is labeled. Our teachers are there to guide you. We're skilled, compassionate and possess the gifts of laughter and joy. Challenge yourself. We'll help you do that. At the same time, find satisfaction and patience with where you are right now. We'll help you do that too.

**Have fun.** Be creative and joyful. Embrace the moment. Find patience for you! That's all we ask.

## SESSION FEES

Single Class **\$16.00**

**New Students:** Introductory Class **\$10**  
**or** 10 consecutive days for **\$30** (Local Residents Only)

### REGULAR CLASS SERIES

Series of 5	\$70.00 expires in 12 weeks - <b>You Save 12.5%</b>
Series of 10	\$130.00 expires in 12 weeks - <b>You Save 18%</b>
Series of 15	\$180.00 expires in 12 weeks - <b>You Save 25%</b>
Series of 20	\$220.00 expires in 12 weeks - <b>You Save 32%</b>

All **regular class series** expire in twelve weeks (3 months).

Series are non-refundable; non-transferable;  
no extensions; and *please*, no exceptions

### MEMBERSHIP OPTIONS

• **Unlimited Monthly Pass \$165.00**

Minimum commitment of 3 months.

Available only when billed monthly via credit or debit card.

A 30 day notice is required for cancellation.

\* **6 Month Membership \$750.00**

\* **Annual Membership \$1300.00**

(6 Month and Annual Memberships available only if paid in advance.)

**Please, no exceptions. Memberships may not be combined with other offers or discounts and are non-transferable.**

• **Community Classes \$12.00**

• **Seniors (over 65) 10% off regular class series**

• **Students \$12/class with Student I.D.**

**We accept cash, personal checks, VISA and MASTERCARD**

Mat rentals are \$2

### Workshops and Events

Yoga at the Village offers eclectic and informative monthly workshops which are designed to further the knowledge of the *yoga curious*, practitioners, instructors and potential instructors.

Please check online, [www.yogaatthevillage.com](http://www.yogaatthevillage.com)  
or call 818-265-9833 for workshop schedule.

200/500-Hour Teachers' Training Available Quarterly