

## What Is Iyengar Yoga?

Iyengar Yoga is form of Hatha Yoga created by B.K.S. Iyengar, who has been practicing and teaching yoga for 60 years. It focuses on the structural alignment of the physical body through asanas (postures) that are assisted by the use of props such as belts, blocks and cushions. Iyengar Yoga unites the body, mind and spirit to relieve the stresses of modern day life and improve both health and well-being. It emphasizes the development of strength, stamina, flexibility and balance.

Life is rushed and some yoga classes are taught in a fast-paced, rushed manner that does not contribute to learning on a deep level. Iyengar Yoga is slow, steady learning process that extends your brain from the bottom of your foot to the top of your head.

The use of props includes blocks and belts to help you stretch when you “just can’t reach that far;” bolsters and blankets to gradually open the back and hips that have become “too stiff to bend that way;” and chairs, walls and floor to assist in the extension of the spine.

Iyengar yoga has been credited with helping students to overcome various ailments ranging from chronic backache to high blood pressure, insomnia and depression.



## Why Choose the Very Near Yoga Studio?

Director and instructor Kathleen Wright has been practicing yoga for 30 years, and teaching for more than 15. She founded the Very Near Yoga Studio in 1993, long before “hot yoga” and “power yoga” classes appeared on the scene. Despite these trends, Kathleen has continued to offer a deeper, more personalized approach to yoga instruction.

Very Near Yoga Studio classes are held in a quiet, intimate space. Classes are no larger than 8 to 10 students, allowing all participants to develop at their own pace. Instruction focuses on improving balance, flexibility and strength. You will be challenged to address muscle and joint stiffness, poor posture and shallow breathing. All classes are approximately 90 minutes in length, and include 15–20 minutes of relaxation.

## Pick the Practice That’s Right for You

### TWO-MONTH SERIES

This option rewards our “regulars” by offering a lower price per class to those who attend every week. Sign up for a 2-month series at just \$22 per week (paid in full the first class of the series). If you miss your regularly-scheduled class, you can take a make-up class during that 2-month series

### 10-CLASS PUNCH CARD

If your schedule is a bit unpredictable, you can opt to purchase a punch card for 10 classes at a price of \$200 (\$20 per class). You may use the card to attend any 10 classes during a four month period.

### DROP-IN

Students are welcome to pay as they go at our drop-in rate of \$22 per class, as space allows.

### INTRODUCTORY PRIVATE LESSON

If you are uncertain about joining a class, it is useful to book a private lesson that will give you the fundamental understanding of what condition your body is in and how yoga will help. Cost is \$66 for one person (1hr); \$90 for two people (1.5 hours).

## SATURDAY FOCUS CLASSES

Learn yoga techniques to bring pain-free movement to an area where you may have weakness or difficulty. Each Saturday in the month we will focus on a different area of the body: Neck and shoulders (1st Sat.); Mid-back and chest (2nd Sat.); Hips, lower back and abs (3rd Sat.); Feet & knees (4th Sat.). Cost is \$22 per person, per class.

## PRIVATE/SMALL GROUP INSTRUCTION

Create your own private or small group classes. Come to the Very Near Yoga Studio for individual one-on-one spot classes at \$66 per hour. Or arrange your own small group class at \$40 per person for two people; \$30 per person for three people; or \$25 per person for four people



## FRIDAY NIGHT YOGA FOR PARTNERS

A fun way to experience restorative yoga with an adult partner. Bring your spouse, significant other, mom or a friend! Call for scheduling.

## WORKPLACE/ON-SITE INSTRUCTION

Yoga instruction can be offered at your workplace, senior center, community organization or other location. Pricing varies depending on your needs.

## YOGA FOR ATHLETES

Improve performance and prevent injury that results from stress on muscles and joints. Please inquire about pricing and scheduling options for individual or team yoga instruction for athletes

## CHAIR YOGA OR SENIORS/SPECIAL NEEDS

Seated yoga classes are offered Thursday mornings at 11:30 a.m. for students age 62 and older, or with special needs. Students can opt for a 2-month series or 10-class punch card, or may attend as a drop-in.