

A Guided Six Week Yoga Course
Led by LeAnn Billups
The Church of Conscious Harmony
Tuesdays 6-7:30pm
August 4 - September 8
Cost \$60

Iyengar Yoga is based on the teachings of the yoga master B.K.S. Iyengar, author of the classic yoga book “Light on Yoga”, who began teaching in Pune, India, in 1936 at the age of 18. The Iyengar method develops strength, endurance, and optimal body alignment, in addition to flexibility and relaxation. It also develops self-awareness, intelligent evaluation, and profound inward reflection.

This series will introduce the basic asanas (poses), which include standing poses, sitting poses, twists, backbends and inverted poses (as appropriate for the student). The poses will be presented in a systematic progression to develop each student’s ability and skill, both within each class and from class to class. Standing poses are emphasized at the beginning to build strength and ease of movement, increase general vitality, and improve circulation, coordination, and balance.

Individual adjustment and the knowledge of how to adapt the poses for common physical problems will be offered. The use of props, such as blocks, chairs and straps, to facilitate learning and adjust yoga poses to individual needs is a hallmark of the Iyengar Method and will be introduced.

Yoga is open to all ages and all levels of physical condition. Do not be put off from trying a yoga class because you feel that you are too old, too stiff, too fat, too thin, too tired, etc. Yoga has something to offer everyone. Come explore the possibilities of Iyengar Yoga.

Minimum of four is needed to hold the 6-week class. If you have questions, please contact LeAnn at leabillups@gmail.com