



IYENGAR YOGA

Sarasota



WINTER 2018
312 N. OSPREY AVE

CERTIFIED IYENGAR TEACHERS

Paula Curtis
Deborah Di Carlo, IAYT
Jayanthi Gopalakrishnan
Susan Marcus, PhD, IAYT

Go to www.iyengaryogasarasota.com to pre-register for classes.

\$20.00 drop in; packages available for reduced pricing

Contact Susan:

941-363-1085

susan@iyengaryogasarasota.com



Monday

8:30 to 9:45 AM (Level 1)

10:00 to 11:30 AM (Level 2-4)

5:30 to 7:00 PM — Advanced Class (Level 3-4)

Tuesday

8:30 to 10:00 AM — Level 1-2

5:45 to 6:45 PM — Care Class Neck & Shoulders

Wednesday

8:30 to 10:00 AM — Level 1-2

11:00 AM — 12:30 PM Introduction to Yoga

5:45 to 7:15 PM — Mixed Level (Level 1-4)

Thursday

8:30 to 10:00 AM — Level 1-2

3:30 to 4:30 PM — Gentle Yoga

6:15 to 7:45 PM — Level 1

Friday

8:00 to 9:00 AM — Wake Up Yoga

12:00 to 1:00 PM — Iyengar Intensity Class

Saturday

Introduction to Yoga — 9:30 to 11:00 AM

January 6—February 24

"Yoga is ... perfect harmony of the body, senses, mind and intellect, reason, consciousness and self. When all these are integrated that is true Yoga." - B.K.S. Iyengar

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