



**Hatha Yoga in the
Iyengar Tradition**

110 N. Olive St. Suite P
Ventura, CA 93001
(805) 643 5979

www.venturayoga.com

Class Schedule - September - 2011

	<u>Level</u>	<u>Teacher</u>
Monday		
11:00 am to 12:30	I - II	Anna
+ 6:00 pm to 7:30	I	Benya
Tuesday		
9:00 am to 10:30	II - III	Bryan
+10:45 am to 12:15	I	Bryan
12:30 to 1:15 Senior	Jane	
6:00 pm to 7:30	II	Bryan
Wednesday		
+ 5:30 pm to 7:00	I	Terry
Thursday		
9:00 am to 10:30	II - III	Bryan
+ 10:45 am to 12:15	I	Terry
6:00 pm to 7:30	II	Bryan
Friday		
11:00 am to 12:30	I - II	Anna
+ 6:00 pm to 7:30 Restorative	Benya	
Saturday		
8:00 am to 10:00	II - III	Beverly
+ 9:30 am to 11:00	I-II	Jeneth
Sunday		
+ 9:00 am to 10:30 Restorative	Bryan	
+ 11:00 am to 12:30	I - II	Bryan

Class Costs

\$ 15.00	Single Class
\$ 80.00	8 Classes Within Three Months
\$ 108.00	12 Classes Within Three Months
\$ 140.00	Monthly Unlimited Pass (30 days)
\$ 695.00	6 Month Unlimited Pass (180 days)
\$1295.00	12 Month Unlimited Pass (360 days)
\$ 7.00	Senior Class Senior Prices are for
\$ 30.00	5 Senior Classes the Senior Class Only
Unlimited Passes may not be suspended, transfered or extended and are non-refundable	

☞ Classes appropriate for new students

Classes are ongoing and may be started at any time.

NEW STUDENTS: Come 10 minutes early

WHAT TO BRING: An empty stomach, bare feet, and wear leotard or loose fitting shorts.

Level I = Beginners

Level II = More than 6 months

Level III = One Year or more

Restorative = All Levels Welcome

What Is Yoga ?

Yoga is a highly advanced science that aligns and strengthens the body, using postures in stillness and flow. Yoga is not a religion. In fact , it is a way to gain body-mind awareness to enhance whatever spiritual/religious beliefs you have. Yoga teaches a philosophy of living compatible with sound judgement.

Yoga is a system of powerful stress management using, in addition to the postures, regulated breathing techniques to enhance oxygenation of the lungs and blood.

A stressed body does not know how to relax. Therefore, at the Ventura Yoga Studio, teachers emphasize the "workout" aspect of yoga first, so that the body can relax once the muscles have been worked and the bones properly aligned. This is why we feel so good after a yoga practice compared to an aerobics class.

Stiff people need yoga as much as poor people need money! At the Ventura Yoga Studio, we have created a peaceful, noncompetitive environment so that students at any level of fitness can work at their own pace to progress and feel better.

Nothing of consequence can be attained without effort. However, in yoga, all effort is based on the principle of non-violence and opens the door to self-exploration

Benefits of Yoga

Anyone can benefit from studying yoga. Busy people use it to manage stress in their hectic lives. Pregnant women use it to prepare for the birth of their children. Elite athletes use it to recover from injuries. You can use it too.

When you study yoga, you will find that it works on several levels. As a beginner, you will experience the practice of yoga as a form of physical exercises that challenges and refines your flexibility, strength and balance. As You practice in class, you and your teacher will develop a personalized approach to each yoga posture.

As you progress with yoga, you will gain greater flexibility in your body and mind. Like any form of exercise, yoga helps develop physical strength. Yoga adds another dimension to this with a matching development in emotional strength that will help you handle the challenges of life with peace and balance.

Iyengar method of Hatha Yoga