

**YOGA** The word yoga is derived from Sanskrit meaning union or to yoke or join. Through the study of yoga, the practitioner seeks greater union of the body, mind and spirit. Yoga has been practiced for thousands of years to bring a balance of strength, flexibility, relaxation and health to the student.

**THE MOSCOW YOGA CENTER** offers Hatha Yoga classes in the Iyengar tradition. The classes emphasize precise alignment in the posture, development of strength, stamina and flexibility in a safe comfortable space to encourage deeper awareness and better health. Instructors will observe, adjust and correct poses to help you achieve the best pose for your ability. Our instructors study yearly with senior teachers to advance their yoga training. Please join us for detailed instruction in yoga.

**CLASSES** for all levels of students are available at the Moscow Yoga Center. Beginners need not have any special flexibility or strength. Everyone can quickly feel the healthy benefits of yoga.

#### **Class Policies**

**MAKE-UPS** If you miss a class, you can attend any other class as a make-up if space is available. In lieu of making up a class yourself, you can bring a friend or send a friend to class.

**ATTENDANCE** Most classes are scheduled to meet twice a week to provide a structured and progressive practice. Students are welcome to attend three or four classes a week, or to attend just once a week if this is what your schedule allows. Please call 833-8315 to make arrangements.

**STUDENT DISCOUNTS** A 10% discount is offered for full-time U of I or WSU students. Students new to the yoga center receive a 10% discount on their first session. Special financial arrangements and work-study opportunities will always be considered for sincere students. Please inquire if you are interested at 883-8315.

**REFUNDS** are available if requested before the second class. Before the fourth class, 50% credit of the class is available upon request.

#### **Class Description**

**LEVEL 1:** For students new to yoga. No special skills are necessary. This class introduces basic yoga postures, proper alignment and breathing techniques and forms the foundation of future practice. Students may want to repeat this class before advancing to the next level.

**LEVEL 2:** For students who have taken the level 1 class and are ready to work with more difficult standing poses and beginning inversions. Students can expect to be in this class for one year.

**LEVEL 3:** For students with one to two years of Iyengar yoga experience. Focus is on standing poses. Headstand and beginning back bends will be explored.

**ADVANCED:** For students ready to work with more challenging standing poses, inversions, back bends, forward bends, and twists. Students must be capable of: handstand with a wall, headstand, shoulderstand, and pushing up into back arch.

**GENTLE:** For students with injuries, chronic conditions, special needs, or looking for a slower paced class.

**RESTORATIVE:** For students looking to relieve stress with supportive poses that bring deep relaxation and rest.

**VINYASA:** A flowing sequence of poses. This class is fast paced and requires a minimum of 6 months yoga experience.

**PRIVATE CLASSES:** For students who want to address individual and special needs. The lessons can provide poses for those recovering from injury, illness or chronic conditions. Please call for an appointment.

## **Registration**

Pre-registration is necessary for all classes. Register before October 15, 2018 by mailing this form and your payment to the Moscow Yoga Center. Classes fill quickly so register early to assure your space. Make checks payable to the Moscow Yoga Center. If you miss the pre-registration date, call to see if space is available. If you are unable to commit to an entire session, you may pay the drop-in rate of \$11.00 per class if space is available.

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Class- Days & Time: \_\_\_\_\_ Amount of Payment: \_\_\_\_\_

Mail to:

**Moscow Yoga Center  
525 S Main St.  
Moscow ID 83843**

**moscowyogacenter.com 208-883-8315**

For instructor biographies and more information go to [moscowyogacenter.com](http://moscowyogacenter.com)

## Moscow Yoga Center Special Events:

**Weekend Yoga Workshop with Lynne Minton**  
October 19, 20, & 21.

### Free Community Yoga Class

First Saturday of every month 11:00 am – 12:00 pm

Saturday November 3

Introduction to Iyengar Yoga with Erika

Saturday December 1

The Basics of Iyengar Yoga with Jessica

### Sunday Workshops with Marcia or Erika

An in-depth study of yoga topics with practice guides to take home. \$40.00 per class.

Sunday October 14, 11:00 am – 1:00 pm

Practice focus series: 8 limbs of Patanjali with Erika

Sunday November 11, 11:00 am – 1:00 pm

Strength building and core with Erika

Sunday November 18, 9:30 am - 11:30 am

Yoga for Back Care with Marcia

Sunday December 9, 9:30 am - 11:30 am

Yoga for Stress Reduction with Marcia

Sunday December 16, 11:00 am – 1:00 pm

Chakras and pranayama - peaceful energy with Erika

Sunday January 21, 9:30 am – 11:30 am

Meditation with Marcia

Sunday March 18, 9:30 am – 11:30 am

Basic Pranayama with Marcia



# MOSCOW YOGA CENTER

525 S. MAIN MOSCOW, ID 883-8315

[www.moscowyogacenter.com](http://www.moscowyogacenter.com)



## Winter Class Schedule 2018: October 22 – December 15, 2018

No classes November 19 - 24

**Students new to the Moscow Yoga Center receive 10% discount on their first session**

**Check [moscowyogacenter.com](http://moscowyogacenter.com) for the most current schedule**

Monday and Wednesday Classes			
Level 1 & 2 In Studio 2	8:45 am – 10:00 am	Jessica	\$119.00
Level 3	9:00 am – 10:30 am	Jeri	\$126.00
Gentle	11:00 am – 12:00 pm	Jeri & Margrit	\$112.00
Advanced	5:30 pm – 7:00 pm	Jeri	\$126.00
Monday Only Classes			
Gentle/Restorative In Studio 2	5:30 pm – 6:45 pm	Erika	\$63.00
Wednesday Only Classes			
Gentle/Restorative	4:00 pm – 5:15 pm	Erika	\$63.00

Tuesday and Thursday Classes			
Level 2	7:45 am – 9:00 am	Erika	\$119.00
Level 1 Beginning Yoga	9:15 am – 10:30 am	Erika	\$119.00
Level 2	10:45 am – 12:00 pm	Jeri	\$119.00
Level 1 Beginning Yoga	5:30 pm – 6:30 pm	Jeri & Erika	\$112.00
Tuesday and Friday Classes			
Level 2 & 3	6:15 am – 7:30 am	Erika	\$119.00
Thursday Only Classes			
Level 1 & 2	7:00 pm – 8:15 pm	Jessica	\$63.00
Friday Only Classes			
Friday Vinyasa	12:00 pm – 1:00 pm	Staff	\$63.00
Saturday Only Classes			
Level 1 & 2	9:00 am – 10:30 am	Marcia	\$63.00
Sunday Only Classes			
All Levels	8:00 am – 9:00 am	Jessica	\$63.00

**Drop-In Fee is \$11.00 per class**

**Purchase 5 classes for \$50**