

YOGA SPACE

Our teachers are Certified in the Iyengar method; a tradition that focuses on individual students, precision of movement, attention to subtleties and focusing awareness inward.



Instructors: Alicia Rowe, Kirsten Brooks, Pam Lindberg, Sue Salaniuk, Sally Rutzky

Class Descriptions

Basic Yoga: For all students, new and experienced. Basic poses are covered appropriate to the ability of students in the class.

Beginning Yoga: Specifically for new students. Introduces yoga in a progressive way appropriate to students attending class. May work on shoulder stand when suitable for students.

Advanced Beginning: For those who have had beginning yoga but feel they are not ready to proceed to an intermediate class. Beginning work on shoulder stand when suitable for the student.

Intermediate: For those with experience with Iyengar yoga. More stamina is required; classes work on shoulder stand (modifications as appropriate for students) and head stand and back bends are also part of the class as suitable for students.

Continuing: For experienced Iyengar students who wish to move more deeply into their practice.

+50 Classes: Designed for students over 50 but all are welcome.

The Yoga Space
180 Little Lake Dr. #1
Ann Arbor, MI 48103

YOGA SPACE

Fall | 2015

September 8 -
October 24

Free Classes:

6:00 - 7:00 pm

Sept 25

Oct 30

Nov 27



180 Little Lake Dr #1
Ann Arbor, MI 48103



www.yogaspacenn Arbor.com 734-622-9600

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Look for Yoga Space Ann Arbor



Registration Form: Fall I 2015

Name _____ Phone _____

Address _____ City _____ Zip _____

Email _____

Class Level _____	Day/Time _____	Fee _____
Class Level _____	Day/Time _____	Fee _____
Class Level _____	Day/Time _____	Fee _____

Total _____

Please pre register and make checks payable to individual instructors

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YOGA SPACE

Spring 2 2015

Fall I 2015

September 8 - October 24

7 weeks unless noted - Please pre-register.
Drop ins welcome

Day	Time	Level	Teacher	Note	Fee
Monday:	9:00 - 10:30 am	Intermediate	Alicia	no class Sept 7	\$90
	5:45 - 7:15 pm	Intermediate	Sue	no class Sept 7	\$90
Tuesday:	10:00 - 11:30 am	Adv. Beginner	Alicia		\$105
	5:45 - 7:15 pm	Intermediate	Pam		\$105
Wednesday:	9:00 - 10:30 am	Basic Yoga	Sue		\$105
	10:45 - 12:15 pm	Special Needs	Sue	Call For Information	Permission required
	6:00 - 7:30 pm	Beginning	Sue		\$105
Thursday:	5:45 - 7:15 pm	Beginning	Pam		\$105
Friday:	9:30 - 11:00 am	Intermediate	Sue	no class Oct 2	\$90
	11:15 - 1:15 pm	Continuing	Sue	no class Oct 2	\$120
Saturday:	9:30 - 11:00 am	Interm. for 50+	Sally	no class Oct 3	\$90
	11:15 - 12:45 pm	Beg. for 50+	Sally	no class Oct 3	\$90

Focus Classes

Pre-registration is necessary. Classes will be cancelled prior to class if minimums are not met.

Oct 18 Restorative 6:00 - 7:30 pm Pam \$25 (min 6 students)

Please make checks to individual teacher, pre-registration required one week in advance.

Drop in to one class \$20 1 1/2 hr \$25 2hr class

Seniors (60+) 10% discount (no Drop in/Focus/Mini S. classes)

Two classes a week (one student, no Focus/Mini S class)\$10 off