

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,

Class Descriptions

Beginning Yoga: These are for all first time students or if you are new to Iyengar yoga. Learn the fundamentals and basic poses, how to adjust for your body in these classes.

Advanced Beginning: This class is for those with at least two sessions of yoga experience.

Basic Yoga: This teaches all the fundamental poses and is for anyone.

Intermediate: If you have experience in Iyengar yoga and know shoulder stand (or variation) and are beginning to practice at home come to these classes. Pranayama (breathing) is introduced.

Continuing: This more advanced 2 hour class is for experienced Iyengar students who practice inversions and backbends regularly. Pranayama is taught on a regular basis.

+50 Classes: These are slower, more modified classes for those who are older or need more modifications.

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

Winter 2017

January 9 - February 25

Free Classes:

6:00 - 7:00 pm

January 27

February 24

March 31



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 Ann Arbor, MI 48103



www.yogaspaceannarbor.com 734-622-9600

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 Look for Yoga Space Ann Arbor



Registration Form: Winter 2017

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

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

Drop into one class \$20 1 1/2 hr \$25 2hr class
 Age 60+, Vets 10% discount (no Drop in/Focus/Mini S. classes)
 Two classes a week (one student, no Focus/Mini S class) \$10 off

Winter 2017

January 9 - February 25

7 weeks Please pre-register. Drop ins welcome

Day	Time	Level	Teacher	Note	Fee
Monday:	9:00 - 10:30 am	Intermediate	Alicia		\$105
	10:45 - 12:15 pm	Adv. Beginner	Alicia		\$105
	5:45 - 7:15 pm	Intermediate	Sue		\$105
Tuesday:	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		\$105
	11:15 - 1:15 pm	Continuing	Sue		\$140
Saturday:	9:30 - 11:00 am	Interm. for 50+	Sally		\$105
	11:15 - 12:45 pm	Beg. for 50+	Sally		\$105

Focus Classes

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

Saturday Study Day January 21 Asana 2:00 - 4:30 pm/Pranayama 5:00 - 6:00pm

Alicia \$40/Asana \$20/Pranayama \$50/Both min 6 students.

Please make checks to individual teacher, pre-registration required one week in advance. No discounts

On The Mat For Food Gatherers

Warm Up! - Light Your Inner Fire January 7 9:30 - 11:00 am Sally \$20 suggested donation

Make checks to Food Gatherers