

Our teachers are Certified in the Iyengar method; a tradition that focuses on individual students and helping them on their journey to find stability.



Instructors this summer: Linda Damon, Pam Lindberg, Vicki McGuffen
 Sue Salaniuk and Sally Rutzky are on vacation

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



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Summer 2017

June 19 - August 17
 (check individual class dates carefully)

Free Classes:

6:00 - 7:00 pm

June 30

July 28

August 25



www.yogaspaceannarbor.com 734-622-9600

Like us on Facebook
 Look for Yoga Space Ann Arbor



Registration Form: Summer 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

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Summer 2017
June 19 _ August 17
Check Individual Class Dates Carefully

6 and 8 week classes. Please pre-register. Drop ins welcome

Day	Time	Level	Teacher	Note	Fee
Monday:	9:30 - 11:00 am	Adv Beginning	Pam	no class July 3	\$120
Tuesday:	5:45 - 7:15 pm	Intermediate	Pam	no class July 4	\$120
Wednesday:	9:00 - 10:30 am	Basic Yoga	Linda	class begins 6/28	\$120
	6:00 - 7:30 pm	Beginning	Linda	class begins 6/28	\$120
Thursday:	5:45 - 7:00 pm	Pranayama*	Pam	no class July 6	\$120
Friday:	9:30 - 11:00 am	Intermediate	Vicki	no class 7/14, class end 8/4	\$90

* Pranayama class description

Breathing techniques are done to clear your mind, steady your nervous system and develop respiratory and cardiovascular health. A small number of asana poses will be done to prepare the body and mind for learning different breathing patterns. Open to students with 6 months or more of Iyengar yoga. Dress for comfort and warmth.

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