

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



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.

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.

Teachers: Sue Salaniuk, Sally Rutzky, James Terburg

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



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Ann Arbor, MI 48103

Fall I 2017

September 9 -
October 27

Free Classes:

6:00 - 7:00 pm

September 29

October 27

November 24



www.yogaspacenn Arbor.com 734-622-9600

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Look for Yoga Space Ann Arbor



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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Fall I 2017

September 9 - October 27

James Terburg is subbing for Pam's Tuesday and Thursday classes
7 weeks Please pre-register. Drop ins welcome

Day	Time	Level	Teacher	Note	Fee
Monday:	9:30 - 11:00 am	Adv Beginning	Sue		\$ 105
	5:45 - 7:15 pm	Intermediate	Sue		\$ 105
Tuesday:	5:45 - 7:15 pm	Intermediate	James		\$ 105
Wednesday:	9:00 - 10:30 am	Beginning	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	James		\$ 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

September 10 6:00 - 7:30 pm Restorative Yoga Pam \$ 25 limit 12/min 6 pre-register by Sept 1

Make checks payable to individual instructors. No discounts

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