



## BKS IYENGAR YOGA CENTER

### In-Person Class Mini-Series

#### Experienced Students

Thursdays 5:30-7 pm

Minimum 1 yr Iyengar Yoga

3-class session Dec 1,8,15

Instructor: Jeanne

#### 60+ All Levels

Fridays 11:30 am-12:45 pm

3-class session Dec 2,9,16

Instructor: Jeanne



**60+ Mini-series** is designed for newcomers/returners to Iyengar Yoga. Yoga Asanas are taught within the context of yoga philosophy, with adaptations for individual situations and paced for participants.

**Experienced Level Mini-series** is designed for returners to in-person Center classes who have a minimum of 1 yr Iyengar Yoga. Let's get back in the Center together.

**All Classes** taught at the Center are based on the work of B.K.S. Iyengar and family. Those teachings have come down through the ages from the great sage Patanjali.

**Health Protocols** Participants will provide documentation of full initial covid-vaccination series plus at least 1 booster. Air filtration and circulation, plus physical distance, will be maintained. Proper masking required throughout, masks provided if needed. Attend only when symptom-free.

### Details & Registration

\$40 fee covers one Mini-series of 3 classes. No partial payments. Inquire about reduced fee if limited income. Enrollment is limited. Reserve a spot by sending an email to [iyengaryogampls@gmail.com](mailto:iyengaryogampls@gmail.com) -indicate Thursday or Friday.

We will reply with payment instructions, and confirm your registration once payment is received.

- Bring your own sticky mat if possible (or use ours)
- Other props provided.
- We will practice with bare feet.
- A gap of 3-4 hours after eating is recommended.
- No perfumes or heavy scents.

BKS Iyengar Yoga Center  
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