



BKS IYENGAR YOGA CENTER



Beginning Class Series: In-Person

November-December

Fridays 11:30 am-12:30 pm

5-weeks/\$50

November 17-December 22

(no class Friday Nov 24)

Class Description

Based in fundamentals, this series is designed for newcomers/returners to Iyengar Yoga. A set of Yoga Asanas are taught within the context of yoga philosophy, with adaptations for individual situations. 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. At this level, the asanas (postures) help strengthen the body, steady the nerves, and increase awareness.

Health Protocols

Participants will provide documentation of Bivalent covid-vaccination (current CDC recommendation). Air filtration and circulation, plus physical distance, will be maintained. Proper masking may be required, masks provided if needed. Attend only when symptom-free.

Details & Registration

No partial payments. Enrollment is limited.

Reserve a spot by sending an email to iyengaryogampls@gmail.com. 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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