



BKS IYENGAR YOGA CENTER

New Beginning Class Series In-Person 2 Options

Thursdays 10:30-11:45 am

September 8, 15, 22, 29, Oct 6, plus one Level 1 Class

Mondays 7:15-8:30 pm

September 12, 19, 26, Oct 3, 10, plus one Level 1 Class



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 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. Attend only when symptom-free.

Details & Registration

Register by sending \$50 fee by check or paypal.me/iyengaryogampls.

Fee covers the Series of 5 classes as listed, plus one Level 1 class. No partial payments.

Indicate your preferred class time.

Props provided, bring your own mat if you wish.

Registration closes 2 days prior to series start.

Iyengar Yoga Center
2736 Lyndale Avenue South
Minneapolis, MN 55408

Email iyengaryogampls@gmail.com

Web iyengaryogampls.com