B.K.S. IYENGAR YOGA CENTER OF NORTHERN MICHIGAN

NORTH WOODS Yoga

Mary Reilly, Director,
Iyengar Certified;
24 years experience

SUMMER 2009

NORTH WOODS YOGA STUDIO OFFERINGS

DATES: Classes run until August 27th unless *noted.
Register at first class or call 231-526-9093/5041

MONDAY	5:30-7:00.....	Beginner
TUESDAY	8:30-10:00....	Mixed Level
	10:15-11:45...	Beginner
	5:30-7:00.....	Mixed Level
THURSDAY	8:30-10:00....	Mixed Level
	10:15-11:45...	Beginner
	4:15-5:15.....	Men's Yoga**
	5:30-7:00.....	Mixed Level
FRIDAY	8:30-9:30.....	Surya Namaskar w/Copland Rudolph*
SATURDAY	July 25th & August 16th	Master Classes *Check Website*

Classes may be used anywhere on regular schedule appropriate for your level of experience. Use before 8/27/09.

STUDIO: 316 1/2 E. Mitchell • Petoskey • Third Floor
SESSION FEES: 1/$15, 4/$52, 8/$96, 12/$132, 20/$180

***Mens Yoga • Thursdays, 4:15-5:15 • 6/18-7/23*
6 weeks/$60 • at North Woods Yoga Studio • Register at 526-9093

**For continuing students at North Woods Yoga only,*
and not appropriate for new beginners, ends 7/31/09

HARBOR SPRINGS CLASSES ON WEDNESDAYS
DATES: June 17th through August 19th
SESSION FEES: 10 weeks/$108
Blackbird Elementary Gym • 421 E. Lake Street
8:00-9:30am • 9 weeks/$108 • Continuing
9:45-11:00am • 9 weeks/$99 • Beginner
Register with Harbor Springs Community School **526-4840**

www.northwoodsyoga.com

IYENGAR YOGA

IyengarYoga taught in the tradition of B.K.S. Iyengar, a living yoga master. This method helps students to find a firm foundation in each yoga pose (called asanas) and according to their own capacity bring each part of the body into clear connection using the principles of alignment. Each yoga pose has a shape and integrity and gives certain benefits. Clear precise instruction helps students craft the pose and stay mindfully connected to the process. This safe, progessive approach brings increasing benefits over time. These include better balance, increased strength, flexibility and coordination, and the ability to concentrate and to relax and let go of the effects of stress.You do not have to be flexible or know anything to begin yoga. Poses are demonstrated each time with enough information to get you started. Start where you are, believe in yourself, the rest will flow from there.

NORTH WOODS YOGA STUDIO

Celebrating our 10th year at this location, NWY is on the third floor above the Grand Traverse Pie Company. North Woods Yoga studio is a, large sunny yoga studio, with wood floors, wall ropes and the full complement of blankets, blocks, mats and belts to make the yoga asanas more accessible. Students may bring their own sticky mat if desired.

ABOUT DIRECTOR MARY REILLY

A senior certified Iyengar yoga teacher, Mary studies regularly at the Ramamani Memorial Iyengar Yoga Institute in Pune India. Mary has been teaching since 1982, and also teaches nationally, offering retreats and workshops in addition to her regular schedule of classes. Marys depthful teaching offers many different approaches to yoga poses, helping students unlock their own potential and find the healing aspects of yoga.

Yoga helps to keep ones body and mind in tune with the essence, the soul, so that all three are blended into one. B.K.S. Iyengar