

Program Guide

December 2018

January 2019

February 2019

227 West 13th Street

www.iyiny.org ♥ 212-929-0585



IntegralYogaNYC



@IntegralYogaNYC



**Integral
Yoga®** Institute
Shop

227 West 13th Street, New York, NY 10011
212-929-0585 (phone) 212-675-3674 (fax)

www.iyiny.org info@iyiny.org

Mon.–Fri. 8:45 a.m.–7:30 p.m.

Sat. 9:45 a.m.–6:30 p.m.

Sun. 9:45 a.m.–5:30 p.m.



Integral Yoga Wellness Spa

By Appointment

212-929-0585, ext. 88 www.iyiny.org/wellness_spa

Mission Statement

Integral Yoga Institute of New York is a nonprofit organization dedicated to the practice and teachings of Integral Yoga, as taught by Sri Swami Satchidananda. These teachings facilitate an easeful body, a peaceful mind, a useful life, and, ultimately, the realization of one's true Self. We encourage interfaith harmony by respecting all the world's faiths. Our goal is to promote peace in the individual and in the world.

Integral Yoga Programs

Preregistration is recommended for all workshops and courses, online at www.iyiny.org, by phone with a major credit card, or in person at Reception.

For cancellations made more than 48 hours prior to a program, you'll receive a credit minus a \$10 handling fee.

YI reserves the right to cancel any program; if we do so, you receive a full refund.

Students, seniors 65 and older, veterans, police, firefighters, first responders, New York City public school teachers, and people on unemployment, with verifiable proof, receive Yoga classes for \$10, \$8 off workshops, and \$14 off courses. Discounts are available only in person.

Please visit www.iyta.org/credentials for more information on our Yoga Therapy credentials

Integral Yoga[®] Institute

New York City



Founded in October 1966
at 500 West End Avenue

In our West 13th Street
“oasis of peace” since October 1970

Classic Yoga for Everyone

All Ages, All Bodies, All Conditions

- Six Serene Yoga Studios on Three Floors
- Mats and Props Provided Free of Charge
- Introductory Discounts for New Students
- Free Open Meditation Ten Times a Week
- Integral Yoga Shop:
Props • Clothes • Gifts • Books

Class Descriptions: Page 19

Class Schedule: Back Cover



Swami Satchidanandaji Maharaj

Swami Satchidananda founded Integral Yoga[®], the worldwide Integral Yoga Institutes, and Satchidananda Ashram-Yogaville, a dynamic Yoga community in Buckingham, Virginia, where he also established LOTUS, Light Of Truth Universal Shrine, which celebrates all the world's faiths. He served with many interfaith organizations, received many awards and authored several books. He is the subject of the documentary film, *Living Yoga*.

www.swamisatchidananda.org

Hatha Yoga

Fundamentals of Integral Yoga

4-Week Course for Beginners \$90

Sat., Jan. 26–Feb. 16 • 10:30 a.m.–12:30 p.m.

Vimukti Aslan, C-IAYT, ERYT-200, RYT-500

Working weekly with the same teacher, who will welcome questions and personally assist you, you'll become comfortable with all of the poses in the Level I class, as well as deep relaxation, Yogic breathing, and meditation. The course will fully prepare you to attend regular classes at IYI and/or practice on your own. 🧘 **New Beginners**

Hatha Yoga Clinic

Come Get Help with Your Poses! \$15 per session

Mon., Dec. 3–Feb. 25 • 2–3 p.m. Rashmi Galliano, E-RYT 500, RPYT

Here is an opportunity to consult with and learn from one of Integral Yoga's best-loved teachers, who is also a trainer of teachers. Rashmi will give one-on-one assistance and advice to help you enhance your own comfort and ease in poses. Whether you are a beginner seeking to boost your confidence or an experienced practitioner, whatever challenge you may be facing, this clinic will make your Hatha practice better for you.

Discounts do not apply. 🧘 **All Levels**

Yoga on the Dark Side of the Moon

Practice to a Classic \$22

Fri., Dec. 14 • 7–8:30 p.m. Rashmi Galliano, E-RYT 500

Do you love Yoga? Do you love Pink Floyd's Dark Side of the Moon? This Hatha class offers the opportunity to enjoy both together: a choreographed Hatha practice to Pink Floyd's album Dark Side of the Moon followed by an IYI classic Yoga Nidra, pranayama, and a 15-minute AUM reverberation meditation. It'll be unique and fun! 🧘 **All Levels**

Tai Chi Easy™ and Chair Yoga

A Fusion Class \$22 per session

Mon., Jan. 14 • 6:30–8 p.m. Melissa "Mati" Elstein, RYT, Esq.

Mon., Feb. 25 • 6:30–8 p.m. Melissa "Mati" Elstein, RYT, Esq.

Increase your vitality and better your balance and coordination with a unique class that combines Chair Yoga, Qigong, and Tai Chi Easy™ walking. Seated and standing Yoga poses strengthen and stretch the body, gentle and flowing Qigong movements enhance your life force energy, and Tai Chi walking improves balance. These practices are a moving meditation that calms the nervous system, focuses the mind, and is accessible to all bodies and ages. 🧘 **New Beginners and All Levels**

Post-Holiday Pick-Me-Up **NEW**

Revitalize for the New Year \$27

Wed., Jan. 23 • 6:30–8:30 p.m. Nalini Kuhnke, RYT 500

If the holidays have left you feeling run-down, depleted, and a touch depressed, this class may be just the ticket to your reconnecting with your strength, vitality, love of life, and self. You will practice both active and restorative backbends, pranayama, and visualization to recharge your system. Energetically, backbends are great heart openers and blues busters, and they help energize the body, mind, and spirit. You will leave revitalized, refreshed, and ready to engage in the new year. 🧘 **All Levels**

Community Class on December 25



**Celebrate Peace
with Movement and Breath**

Tues., Dec. 25 • 1–2:30 p.m. • Taravati • \$5

All are welcome to come as you are to this classic Integral Yoga class, with a little Restorative Yoga as well. *No pre-registration, just arrive!* 🧘 **All Levels**

Slow Flow and Restore

Sacral Chakra/Water \$27

Mon., Jan. 28 • 6:15–8:15 p.m.

Inga (Ishwari) Benson, E-RYT 500, LCAT, BC-DMT, M.S., C-IAYT

Chakras are the dynamic energy centers within your physical body. They affect your internal experience as well as your outlook on life. The first half of this class will be a Hatha Yoga and vinyasa practice. The second half of the class will consist of restorative poses. Throughout, the poses will connect us to the chakras, and you will learn more about them. Healing aromatherapy, writing, drawing, and a sharing circle will complete this unique workshop focusing on the idea of flow, emotions, and relationships—the second chakra. *Recommended reading: Eastern Body, Western Mind, by Anodea Judith.* 🧘 All Levels

Special Guest Program



Yin Yoga Foundational Teacher Training

Practicing Surrender \$549

and Receptivity (\$495 until Jan. 10)

Thurs.–Sun., Jan. 31–Feb. 3 • 10 a.m.–6 p.m. Corina Benner

Modernization brought furniture and, with it, large segments of time spent in sitting on furniture. Those factors contribute to a fixing of connective tissues in the lower body where the hips store and hold old emotions. In this workshop Santoshi will lead you through a sequence of long-held passive poses that are designed to stress those tissues. This stressing brings new and healthy sensations to the targeted tissues. Students can expect a feeling of ease and freshness following this workshop.

🧘 Experienced Beginners and Intermediate/Advanced Students

Yin Yoga for Lower Back, Hips, and IT Band

NEW

A Targeted Practice \$27

Thurs., Jan. 31 • 7–9 p.m. Sydney (Santoshi) MacInnis

Modernization brought furniture and, with it, large segments of time spent in sitting on furniture. Those factors contribute to a fixing of connective tissues in the lower body where the hips store and hold old emotions. In this workshop Santoshi will lead you through a sequence of long-held passive poses that are designed to stress those tissues. This stressing brings new and healthy sensations to the targeted tissues. Students can expect a feeling of ease and freshness following this workshop.

🧘 Experienced Beginners and Intermediate/Advanced Students

Spinal Bends and Twists Through Yin Yoga

NEW

Energize Your Spine \$27

Tues., Feb. 12 • 6:30–8:30 p.m. Sydney (Santoshi) MacInnis

The ability to move in your body easefully requires good spinal health. The spine is the center of your Yoga practice. Through the careful sequencing of long-held passive Yin poses and specific targeting of the spinal area, this practice brings energy and an awakening to the tissues of the spine. The resulting enlivened spinal sensations are transmitted from the spine to the entire body and mind.

🧘 Experienced Beginners and Intermediate/Advanced Students

Slow, Still, and Deep

A Mindful, Restful Asana Practice \$20

Mon., Feb. 18 • 7–8:15 p.m. Swami Asokananda

Most Hatha Yoga reflects a bias toward the “ha,” or heating solar energies, rather than the “tha,” or cooling lunar energies. The focus here will be on practicing asana in a way that will help you “chill out.” We will move slowly, remain for a longer time in a pose, listen to what the body is saying, and allow it to release more fully. Soft music will be played to lead the mind enjoyably into the present moment. The goal is to sink into a quiet state where we are content exactly where we are.

🧘 Experienced Beginners and Intermediate/Advanced Students

Peaceful Practices

Meditation I Workshop

How to Meditate \$25

Wed., Jan. 16 • 7–9 p.m. Rudra Swartz

This popular workshop, taught by certified Integral Yoga meditation instructors, provides a complete overview of the practice of meditation. You'll receive instruction in and then the experience of various meditation techniques for beginners. The workshop will inspire you to make meditation a part of your daily life. *No experience required.*

Meditation Course

3-Week Immersion \$72

Thurs., Jan. 24–Feb. 7 • 7–9 p.m. Swarupa Sky Oak Speaker

For anyone new to meditation, as well as those who wish to enhance or strengthen their practice, a certified meditation instructor guides the practice of five meditation techniques in depth. The experience will help you decide which techniques resonate for you and inspire you to integrate meditation into your life. *No experience required. Includes a free copy of the booklet Meditation by Sri Swami Satchidananda.*

Day of Silence

Refresh and Relax \$95

Sun., Dec. 2 • 10:30 a.m.–4 p.m. Jyoti Cakir and Swami Asokananda

This is a wonderful way to embark on the next step on your spiritual path and reflect on the year that has just ended. Become reacquainted with your true self on this special day that includes Hatha Yoga, deep relaxation, meditation, a special dharma talk, and more. A balancing Ayurvedic lunch will be served. Integral Yoga teaching staff will nurture and care for you. Feel free to bring a journal. 🧘 All Levels

Couples Meditation Workshop NEW

Nurture Yourself and Your Relationship \$48 per couple

Thurs., Feb. 14 • 6–8 p.m. Kurt and Ann-Marie (Ambā)

Relationships combine intimacy, friendship, and partnership. Through meditation you can bring all three elements into balance. Heart practice rests on the nurturing of kindness and understanding toward both yourself and your partner. Learn how meditation can make you emotionally robust and capable of giving and receiving more. Find the tools to resolve negative emotions, patterns, and behaviors that get in the way of long-lasting bliss. We will practice breathing, sitting, and walking meditation.

Special Program



Chakra Wisdom: Healing Negative Thoughts, Feelings, and Beliefs with Meditation, Yoga, and the Traya Process NEW

Talk and Book Signing \$36

Wed., Jan. 30 • 6:15–8:15 p.m. Trish O'Sullivan

Change your mind. Just as the body is able to heal itself, Nature has provided a way for the mind to heal as well. This is the Traya process. Learn about these completely new, chakra-based techniques for connecting to your subtle body and your inner teacher so that you can release negativity, reduce stress, and enter the stream of spiritual energy. Learn how all three, Traya, Yoga, and meditation, are essentially subtle body practices that nourish and deepen your spiritual connection. *Registration includes a complementary signed copy of Chakra Wisdom, by Trish O'Sullivan. Light refreshments will be served.*

Integral Yoga Teacher Training

Integral Yoga Level I

Spring 200-Hour

Jan. 28–May 17

Integral Yoga Level I

Summer 200-Hour Intensive

Jun. 24–Jul. 26

Integral Yoga Level II

Intermediate

Jan. 14–Mar. 30

Open House for Levels I and II

Tues., Dec. 11 • 6–7 p.m.

Mon., Jan. 7 • 6–7 p.m.

Ayurvedic Health Counselor

Apr. 11–Jun. 16

Open House for Ayurvedic Health Counselor

Wed., Dec. 5 • 6–7 p.m.

Yoga for the Special Child

Basic Part 1

Apr. 22–27

Prenatal Yoga

May 10–13 and 17–20



Kidding Around

Dec. 1–2

Gong Yoga

Dec. 13–17 and Jan. 10–14

Yin Yoga Foundational

Jan. 31–Feb. 3

Raja Yoga

Feb. 21–Mar. 3 and Aug. 15–25

Adaptive Yoga

Mar. 29–May 5

Open House for Adaptive Yoga

Thurs., Dec. 6 • 6–7 p.m.

Sun., Jan. 20 • 3–4 p.m.

Thurs., Feb. 28 • 6–7 p.m.

Yoga for Arthritis and Chronic Pain

Level I

Jun. 6–9

Yoga for Arthritis and Chronic Pain

Certification Course

Jun. 8–10

Laugha Yoga

Jun. 22–23

Yin Yoga Foundational

Aug. 1–4

For more information about these and other trainings, please visit www.iyiny.org, e-mail TeacherTraining@iyiny.org, or call 212-929-0585, ext. 16.

To register, visit www.iyiny.org or call 212-929-0585. • 7

Sacred Wisdom

Explore The Secret Power of Yoga **NEW**

The Yoga Sutras Translated by Nischala Joy Devi By donation

Tues., Jan. 8, 15, 22, 29 • 7–8:30 p.m. Sydney (Santoshi) MacInnis

Let's come together to discuss this unique first female translation of and commentary on the ancient Yoga Sutras. Writing with supreme devotion to making the Sutras even more relevant to contemporary life, Nischala Devi illuminates how they contain gems for everyday living and offers ways to polish the gems within each of us. Come, read, and share in this expanded approach to the ancient Yoga Sutras. *Suggested reading: The Secret Power of Yoga, by Nischala Joy Devi. Open to all. May be attended on a drop-in basis with no preregistration.*

Explore the Bhagavad Gita

Yoga Philosophy and Psychology By donation

Tues., Feb. 5, 12, 19, 26 • 7–8:15 p.m. Swami Asokananda

Integral Yoga New York's president Swami Asokananda shares insights based on his lifelong study of one of Yoga's most sacred texts. The Bhagavad Gita offers guidance for the soul struggling to know itself and its place in the world. Come and read the Gita, and discuss how to deepen your spiritual knowledge by drawing on its teachings in everyday life. *May be attended on a drop-in basis with no preregistration.*

Christmas Eve Service

A Puja and Satsang By donation

Mon., Dec. 24 • 5–6:30 p.m. Swami Chidananda

IYI's annual Christmas Eve celebration is a wonderful Greenwich Village tradition. A worship service and the singing of lots of Christmas carols celebrate the spirit of Christ by honoring the birth of Jesus and his message—the unconditional love and acceptance of oneself and others. All are welcome! Refreshments will be served. *May be attended on a drop-in basis with no preregistration.*

Special Guest Programs



Being a Witness **NEW**

The Key to Peace \$27

Thurs., Jan. 17 • 7–9 p.m. Prem Sadasivananda

"One should distinguish between the mind and the witness who moves and illumines the mind;

between ordinary sensations, feelings, and sentiments and perfect awareness, or Pure Consciousness." —Swami Sivananda

The state of being a witness of one's thoughts and mental states is the most sublime state of being and meditation. It allows us to rise above the traps of the ego and erroneous notions about life. We will discuss the nature of witnessing consciousness.

Nurturing Sensitivity in Modern Times **NEW**

The Essence of Spiritual Awakening \$27

Wed., Feb. 6 • 7–9 p.m. Prem Sadasivananda

We generally think that being sensitive means to be overly open and vulnerable. Is being sensitive really desirable? Sensitivity is the essence of spiritual awakening. It is the art of cultivation of one of the most beautiful and delicate flowers of your heart. Come and discover the true meaning and how to cultivate healthy and deep sensitivity. The talk will change the way you view your relationship with life.

Kirtan and Music

Bhakti Yoga as a Daily Practice NEW

A Heart-Opening Introduction \$27

Sat., Jan. 19 • 3–5 p.m. Astrud Castillo

Bhakti is the Yoga of devotion and a practice that aims at deepening your relationship to the Divine or what is sacred to you. It may take shape in an attitude of gratitude or through one of the nine practices that stem from the tradition. We will explore some of the Bhagavad Gita and Yoga Sutras and discuss Japa practice and Kirtan. Learn how you can weave this practice into your everyday life and infuse the mundane with devotion. Watch Bhakti Yoga become inspiring and meaningful to you.

Special Guest Program



Here Comes the Sun

A Musical and Spiritual Tribute to George Harrison \$25 in advance
\$30 day of event

Sat., Feb. 23 • 7–9 p.m.



Joshua Greene (Yogesvara) and Godfrey Townsend Through live music, exciting visuals, and engaging commentary, this tribute program to “the quiet Beatle” has had audiences on their feet and applauding nationwide. Joshua Greene, author of the best-selling biography on which the tribute is based, teams with the renowned guitarist and vocalist Godfrey Townsend, who has played with some of the greatest names in rock-and-roll history, to create a magical evening of humor, spiritual insight, and love.

Swan Kirtan	Sat., Dec. 1 • 7:30 p.m.	\$15
Kirtan Rabbi	Sat., Dec. 8 • 7:30 p.m.	\$20/\$25*
Astrud Castillo	Sat., Jan. 19 • 7:30 p.m.	\$15/\$20*
Open Mic Kirtan	Sat., Jan. 26 • 7:30 p.m.	Free
Satya Franche and Ma Kirtan	Sat., Feb. 16 • 7:30 p.m.	\$15/\$20*
Here Comes the Sun	Sat., Feb. 23 • 7 p.m.	\$25/\$30*
New Moon Kirtan	Fri., Dec. 7; Fri., Jan. 4; Mon., Feb. 4 • 7 p.m.	By donation
Full Moon Kirtan	Thurs., Dec. 20; Mon., Jan. 21; Tues., Feb. 19 • 7 p.m.	By donation

*Price: In advance/Day of event

Satsang



Each Saturday evening, 5:30 to 6:30 p.m.

We will view a video of Sri Swami Satchidananda for 30 minutes and then share a 30-minute discussion with one of Integral Yoga Institute’s resident Swamis or a senior IYI teacher. *Satsang is by donation.*

Rev. Laksmi Scalise, IYM	Dec. 1
Chanukah Satsang with Rev. Sam Rudra Swartz, IYM	Dec. 8*
Swami Chidananda	Dec. 15
Sri Swami Satchidananda’s Jayanthi Satsang with Senior Teachers of Integral Yoga	Dec. 22**
Swami Asokananda	Dec. 29
Rev. Sam Rudra Swartz, IYM	Jan. 5
Ann-Marie Ambā Everitt	Jan. 12
Martin Luther King, Jr. Satsang with Manu Dawson	Jan. 19*
Swami Asokananda	Jan. 26
Joe Brennan	Feb. 2
Love Satsang with Sumati Karen Bates	Feb. 9*
Jyothi K. Watanabe	Feb. 16
Three Swamis Satsang with Swamis Asokananda, Divyananda, and Ramananda	Feb. 23*

*5:30–7 p.m. **6–8 p.m.

Sound Healing

Weekly Sound Bath

Relax and Unwind \$15 per session

Sat., Dec. 1–Feb. 23 • 4:15–5:15 p.m. Rev. Laksmi Scalise, RYT 500, IYM
Bathe yourself in the blissful sounds of singing bowls and gongs every Saturday afternoon in the sacred space of Integral Yoga. All are welcome! No Yoga poses except savasana. *Discounts do not apply.*

Gong and Reiki

An Immersive Experience \$15 per session

Tues., Dec. 4 • 6:30–7:30 p.m. Rev. Laksmi Scalise, RYT 500, IYM
Thurs., Jan. 17 • 6:30–7:30 p.m. Rev. Laksmi Scalise, RYT 500, IYM
Mon., Feb. 11 • 6:30–7:30 p.m. Rev. Laksmi Scalise, RYT 500, IYM
Treat yourself to a session of healing that combines silence and sound. Sitting in a circle, you'll receive the healing vibrations of Reiki while being immersed in the sacred cosmic sound vibrations of Tibetan bowls and a gong. Every cell in your body will receive total healing. Tension will be eased, and obstacles to your peace will be removed. *Discounts do not apply.*

Healing Harp Nidra **NEW**

A Journey to Peace \$27

Sun., Dec. 16 • 2–4 p.m. Shelly Reef
Bathe in the healing sound waves of therapeutic harps as you are guided to gentle bliss. Harps create an environment of high-frequency harmonious sound, bringing restoration at the level of the subtle energies and positive transformation at the level of the external self. Less stress, more happiness, greater physical health, and inner peace arise from meditating and relaxing to the sounds of the harps. Relax and journey to your deepest, most healing inner sanctuary.

Special Guest Program



Winter Solstice Gong Bath *Vibrations and Light* \$27

Fri., Dec. 21 • 7–9 p.m.

Grand Gong Master Don Conreux and Associates

Continuing a beloved holiday season tradition, Don Conreux returns here to IYI for our annual winter solstice gong bath. As the peaceful, devotional tones of the gongs ring through the Lotus Room, your mind, body, and spirit will vibrate and glow with vitality and a sense of relaxation. As darkness turns to light, as winter unfolds, renew your life's purpose, and set a course for peace and joy.

Laughter and Sound Healing Meditation

Bring a Joyful Element to Your Practice \$27

Fri., Jan. 11 • 7–9 p.m. Laraaji Swami Nadabrahmananda and Arji OceAnanda
Call-and-response chanting, playfully therapeutic laughter-cises, and transportive music, sound, and light language will support your deeper relaxation and self-healing meditation. You will be immersed in ancient gong tones and voice chants, along with a variety of sensitive vibration sounds. *Dress comfortably, and bring drinking water and an eye cover or a blindfold for deeper horizontal listening.*

Send Prana to Your Chakras

Access Your Own Healing Energy \$27

Sat., Jan. 19 • 11 a.m.–1 p.m. Rev. Laksmi Scalise, RYT 500, IYM
Tap into your heart and intuition, using your mind, hands, guided meditation, and tuning forks to send prana to your chakras. You will learn about the energies of each chakra and techniques to increase and strengthen these energies. The focus will be on raising our energy from the bottom three chakras, which are survival chakras, to the heart and the top three chakras—intuition, discrimination, and our higher self. We'll do a few sun salutations for all levels. 🧘 All Levels

Special Guest Program



Gong Immersion

Personal Healing Enveloped in Sound \$95

Sun., Jan. 20 • 11 a.m.–5 p.m.

Grand Gong Master Don Conreux and his senior teachers Integral Yoga and Grand Gong Master Don Conreux—along with senior teachers he has trained and certified—invite you to spend an auspicious day enveloped in the vibrations of the gong. The day will include gentle Yoga poses accompanied by the gong, the healing energy of Reiki, a journey into deep relaxation, and some lessons in making the gong a part of your life. We will come together to create a communal prayer and wishes for our world. We will have small sacred gong healing circles and share our experiences so that together and individually we may open our hearts. *Each participant receives a 10% discount on singing bowls, tingshas, tuning forks, and books on sound healing at the Integral Yoga Shop.*

Cosmic Sound Bath

Healing on the Deepest Level \$27

Fri., Jan. 25 • 7–9 p.m. Laksmi Scalise, RYT 500, IYM, and Lois Harrison

All things alive vibrate. Allow yourself to be immersed in the healing sounds and vibrations of sacred gongs, Himalayan singing bowls, Native American flutes, percussion, and other world instruments. Experience the deepest level of relaxation, clearing the mind and body of negativities that cause pain, anxiety, and dis-ease. Realign and harmonize yourself to a state of inner peace and connectedness. As we participants lie down, we set our intentions and let the vibrations of the sacred sounds help us access our inner wisdom. *Wear comfortable clothes.*

The Music Meditation Session

A Psychoactive Musical Improvisation \$27

Tues., Feb. 5 • 7–9 p.m. Dawoud

The Music Meditation Session is a guided meditation that replaces words, suggestions, and imagery with a completely improvised psychoactive musical form called the Sacred Forbidden Music. Each session is specific to a particular time and place. Participants will allow the music to guide them to altered states of consciousness. Each participant will let his or her own, unique experience form the music. Past attendees report recovering repressed memories, deep meditation states, trances and visions, and astral travel. This can be a transformational experience.

Shamanic Sound Journey

A Deep Meditation Experience \$45

Fri., Feb. 15 • 7–10 p.m.

Dream Seed with Special Guest Maestro Manuel Rufino

Shamanic chanting, mantras, overtone singing, Native American songs, indigenous music, didgeridoos, crystal singing bowls, bells, gongs, harmoniums, tuning forks, and other overtone-emitting instruments are used to create an environment conducive to deep relaxation and inward investigation. Participants are led through guided meditations and sound-healing practices designed to harmonize body, mind, and spirit. You will have an opportunity to set a clear intention, recharge your energy, and explore the realm beyond the physical.



All-Night Gong Puja

Maha Shivaratri Celebration!

March 2

Life and Work

Special Guest Program



OHASHI Method®:

Ohashi's Bodywork Course

4-Day Immersion \$395

Thurs.–Sun., Dec. 6–9 • 10 a.m.–5 p.m. Ohashi

Discover what thousands of students have experienced around the world. The master teacher Ohashi returns to IYI to teach his famous OHASHI Method® bodywork technique. In this four-day immersion, you will learn the body-movement principles of his unique method, which maximizes movement and enhances your joy of giving. In an approach developed over 45 years of practice and teaching, Ohashi demonstrates tonus, cross-patterning, and working from hara—your own center of energy. Ohashi's techniques and philosophy offer a way for you to maintain good health and an improved lifestyle. Ideal for bodywork therapists, Yoga instructors, and fitness professionals. *Open to all.*

New Year's Eve at Integral Yoga

Celebrate with Sangha \$40

Mon., Dec. 31 • 7:30 p.m.–12:30 a.m. Swami Asokananda

For decades, New Year's Eve at Integral Yoga has been a celebration of life and hope with great food, wonderful chanting and music, and the beautiful sense of togetherness that is the hallmark of IYI. We invite our greater community of students and seekers to join in the fun. You'll find a healthful and joyous New Year's party that will set the tone for the year to come. *Includes a vegetarian dinner. Space is limited. Preregistration is required. Doors close promptly at 9:30 p.m. It won't be possible to enter after that. This event ends at 12:30 a.m.*

Reiki Level I Training: 2-Day Course

Experience the Healing Effects of Reiki Energy \$195

Sat.–Sun., Jan. 5–6 • 10:30 a.m.–4:30 p.m.

Hamsa Spagnola, E-RYT 500, C-IAYT, T.R.M.

Reiki is a spiritual discipline as well as a hands-on, non-manipulative method of natural energy work. It is an effective stress reducer, giving the client and the practitioner a sense of calm, inner strength, and support while cleansing and detoxifying at the same time. You will learn the history of Reiki, receive your Reiki Level I manual, obtain four attunements to Reiki healing energy, learn how to give yourself Reiki and how to give Reiki to others in a chair or on a massage table, and discover how to work through the chakras to access your higher self for guidance and clarity. *You will be certified in Reiki Level I through Loving Touch Center International School of Reiki.*

The Yoga of Relationships

NEW

Rewards and Challenges \$27

Sat., Feb. 16 • 10:30 a.m.–12:30 p.m. Bruce Shankar Fern

Intimate relationships can be the source of our greatest joy, and, though we wish it weren't so, they can also be the cause of great unhappiness. Learn the secrets of having a happy relationship, how to select the right partner, and how to work effectively through relationship difficulties. In this workshop, we will have a chance to share our own joys and challenges and apply time-tested relationship principles to our own relationships.

Introduction to Thai Yoga Massage

Learn to Give a 20-Minute Massage \$50

Thurs., Jan. 10 • 6:30–9:30 p.m. Renée Rice

Learn about Lotus Palm Thai Yoga Massage and see whether you are interested in pursuing certification as a practitioner. The workshop includes a hands-on opportunity to learn how to give a 20-minute massage by practicing Thai Yoga Massage postures and incorporating the fundamentals of effortless, flowing transitions between poses. You'll discover the essentials of maintaining proper body alignment and stances to create a mutually beneficial massage for both participants. *Please wear a long-sleeved shirt and long, loose pants.*

Lotus Palm Thai Yoga Massage 1

5-Day Intensive \$550

Wed.–Sun., Jan. 23–27 • 10 a.m.–5 p.m. Renée Rice

The 5-Day Intensive is the first step toward the certification program in this healing art. You will learn a complete, full-body, one-and-a-half-hour massage; the training and knowledge to give a Thai Yoga Massage; the fundamentals of effortless, flowing transitions between postures; and the history and philosophy of Thai Yoga Massage energy balance through acupressure and Thai energy lines.

Lotus Palm Thai Yoga Massage 2 will be offered at Integral Yoga Mar. 20–24.

Please visit www.iyiny.org for details about Thai Yoga Massage Intensives as well as required and recommended reading and www.lotuspalm.com for full certification details and costs and information about continuing-education credits.

Mind and Body Health

Yoga for Anxiety

Discover Wonderful Tools \$32

Sat., Dec. 1 • 11 a.m.–1 p.m. Jennifer Gibson

Anxiety can leave you feeling out of control, ungrounded, and overwhelmed with everyday life. Come discover how to apply the wonderful tools of Yoga to relieve anxiety and have a more peaceful existence. This workshop will include breathing practices, Restorative Yoga postures, guided meditation, writing, affirmation, and deep relaxation. Join in this informative workshop that will leave you with the tools you need to make changes toward a more peaceful balance in life.

 All Levels

Healing Your Thyroid Through Nutrition and Yoga

NEW

Advice That Works \$27

Sat., Dec. 1 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.Th.

The thyroid gland is tiny but powerful, affecting many functions of the body. This integrative workshop will address functional nutritional strategies for hypothyroid and hyperthyroid. We will discuss some of the potential causes of thyroid pathology, from genetics to nutrient deficiency and toxicity, and the lab tests and nutrients that are indicated.

Qigong for Yogis

NEW

Powerful Support for Life \$22

Wed., Dec. 12 • 6:30–8 p.m. Nadiya Nottingham, RYT

Qigong offers deep insights into the daily “medicine” of Nature and the universe. Nadiya has developed a special fusion of Yoga and Qigong to build the body with the extraordinary benefits of pranayama and meditation. Recent studies of Qigong and Tai Chi at both Harvard Medical School and Beijing University have shown the work to be powerful support for the body, balance, and mind. In this class you will receive a new understanding of building strength in standing poses, mudras for meditation insight, and a boost to immunity.

Special Guest Programs



Introduction to Ayurveda

The Traditional Medicine of India \$48

Mon., Dec. 3 • 6:30–9:30 p.m.

Cory Tixier, B.S., Certified Ayurvedic Practitioner, E-RYT 500

Ayurveda is the sister science to Yoga. Rich in history and of proven efficacy, it is the art of being synchronized with nature's rhythms. This introductory workshop will familiarize you with Indian philosophy, the five elements, and the three body constitutions that set the foundations for this timeless "science of life." Learn about the spirit of Ayurveda and how its teachings are backed by centuries of success. The knowledge is already inside you. Become the master of your health!

AyurYoga Mini-Retreat

Gain the Knowledge for Self-Healing \$108

Sat., Dec. 8 • 10 a.m.–6 p.m.

Cory Tixier, B.S., Certified Ayurvedic Practitioner, E-RYT 500

Ayurveda and Yoga are two closely related sciences rooted in the Vedic tradition of India. Yoga instructors, practitioners, and therapists will learn the science and therapeutic application of Ayurveda through Yoga asana, meditation, and pranayama. Discover the foundations of Ayurveda, including how to recognize and assess the manifestations of the elevated dosha. Gain both a theoretical and a kinesthetic understanding of how the dosha are affected through different Yoga practices, as well as how create specific dosha pacifying classes. *A vegetarian lunch is included.*

TRE® (Trauma or Tension Releasing Exercises)

Open Series \$20 per session

Thurs., Dec. 6, 13, 20 • 3:30–4:45 p.m. Phil Lynch

Thurs., Jan. 3, 10, 17, 24, 31 • 3:30–4:45 p.m. Phil Lynch

Thurs., Feb. 7, 14, 21, 28 • 3:30–4:45 p.m. Phil Lynch

TRE is a gentle, simple, and profound technique that facilitates a release of physical and emotional tension and stress. It begins with the lengthening and relaxation of the psoas muscle, a very thick, deep muscle that acts as a guardian of the lower belly. In its role of protector of your organs it contracts and tightens, becoming shorter, in response to life's small and big traumatic experiences. The TRE® exercises help evoke a trembling response, a gentle shaking that is actually the nervous system's way of discharging long-held tension or unconscious muscle contraction to restore the body to wholeness. 🧘 All Levels

Please note: No class December 27.

Yoga for MS and Parkinson's Disease NEW

Increase Your Mobility, Stability, and Flexibility \$22 per session

Sun., Dec. 9 • 2–3:30 p.m. Madhavan assisted by Padma, Taravati, and Elizabeth Hansen

Sat., Jan. 26 • 2–3:30 p.m. Madhavan assisted by Eileen Carroll

Mon., Feb. 11 • 4:30–6 p.m. Madhavan assisted by Nancy O'Brien

A specially designed Yoga practice benefits patients with MS or Parkinson's disease by helping with mobility, balance, strength, flexibility, posture, concentration, speech, mood, and relaxation. In this class you will learn standing and floor Yoga poses and discover modifications that will make them accessible. The practices will incorporate awareness of the breath to improve focus, create calm, and increase energy; they include breath work, chanting, and deep relaxation. *Care partners welcome.*

🧘 All Levels

JourneyDance™

Move with Fun into the New Year \$32

Sat., Jan. 5 • 2:30–5 p.m.

Inga (Ishwari) Benson, E-RYT 500, LCAT, BC-DMT, M.S., C-IAYT

JourneyDance™ is a dance form that combines freestyle and structured movement for a physical and emotional transformative experience. In this workshop you will be offered the opportunity to release last year's limitations and to access through movement your vision for this year. You'll gain a palpable experience of yourself as playful and powerful while moving to inspiring world music. No dance experience is necessary. Come with your heart and your feet to reconnect with your soul.

Shamanic Womb Healing

Ceremony, Song, and Water Prayer \$40

Wed., Jan. 9 • 6:30–9:30 p.m. Nadiya Nottingham, RYT, and Jenny Tsai

By praying and singing to water we heal our source and our selves, thus becoming community healers. In a circle of like-minded beings we shine the sunlight of our own prana on life scars to reveal a new story. Through meditation, a forgiveness ritual circle, singing led by Jenny's magical voice, chanting, and a shamanic journey led by Nadiya, we'll take steps toward a new beginning, a fresh perspective on the woman within.

Questions? E-mail Nadiya at Nadiya108@mac.com.

Special Guest Program



Empathy in AnyBody

Introduction to Yoga and

Nonviolent Communication \$54

Sat., Jan. 12 • 10:30 a.m.–1:30 p.m.

Cat McCarthy, E-RYT 500, YACEP

"Out beyond the ideas of wrongdoing and rightdoing, there is a field. I'll meet you there." —Rumi

Conflict happens, so learn to navigate it well. By excavating what's beneath any friction, you can focus on the deeper motivation and change the conversation to one of understanding. Nonviolent Communication (NVC) helps you to understand compassionately your habitual behavior and to translate your judgments. Guided by the NYCNVC facilitator Cat McCarthy, this three-hour workshop introduces the key concepts of NVC as a foundation on which to build a practice. You will acquire tools of emotional intelligence to help generate new neural pathways for empathy. With a relationship to your own feelings and needs, you can create stronger connection both inside and out. There will be a mix of asana, playful exercises, and discussion. Get ready to shift your perspective on a cellular level! *Please bring a notebook and pen, along with an open heart and a curious mind.* 🧘 All Levels

Reach Without Pain

Yoga Therapy for the Upper Extremities \$27

Tues., Jan. 15 • 6:30–8:30 p.m. Madhavan, RYT 500, C-IAYT

This workshop will address pain and mobility issues in the wrists, arms, shoulders, and neck. You'll learn ways to treat these conditions with Yoga Therapy to gain tone, build strength, and improve your posture. This workshop will offer tools for managing arthritis, carpal tunnel syndrome, elbow strain, rotator cuff injury, shoulder pain and tension, neck pain, upper-back knots, and posture problems. 🧘 All Levels

New Year's Detox

Reset Your Biological Clock \$25

Sat., Jan. 19 • 1–3 p.m. Manu Dawson, C.Y.N.TH.

Learn about detoxification and fasting methods, using water, juices, and specific foods, nutrients, and herbs to detoxify the system as you discover the physiological and psychological benefits of fasting and the best ways to begin, maintain, and break a fast. Fasting on this day is not a requirement for attending the workshop.

Intro to Yoga Therapy

A Mind-Body Approach to Healing \$25 per session

Tues., Jan. 22 • 6:30–8:30 p.m.

Sun., Feb. 3 • 11 a.m.–1 p.m.

With Nancy O'Brien and certified Yoga therapists

Meet some of Integral Yoga's certified Yoga therapists and experience a mini-session to see how they can support healing and health for your body and mind by tailoring Yoga's broad spectrum of practices to you, one-on-one. Our Yoga therapists specialize in such areas as arthritis, MS, chronic pain and illness, cancer, musculoskeletal conditions, pre- and post-surgery, autoimmune issues, and pregnancy. In addition, you'll come to understand how this emerging approach differs from a Yoga class and how Yoga therapists differ from Yoga teachers. *Participants receive a discount on a one-on-one Yoga Therapy appointment.*

 New Beginners and All Levels

How to Stretch

Easy Practices \$27

Thurs., Jan. 24 • 6–8 p.m. Sudama

Stretching is good for you, especially if you don't practice Yoga. Stretching increases flexibility, lubricates joints, aids in digestion, helps you prevent injury, and increases the flow of oxygen and blood to the heart and muscles. Stretching also brings awareness to the physical body, improves posture, puts a spring in your step, and enhances self-image. This workshop will help you create a daily stretching routine that can be effective on its own or lead you into a deeper appreciation of Yoga.

 New Beginners and All Levels

Overcoming Addictive Behaviors NEW

Kundalini Yoga and Recovery: 4-Week Course \$80

Thurs., Jan. 24–Feb. 14 • 7–9 p.m. Dr. Erick Gordon

"Happiness is our birthright." —Yogi Bhajan

Whether you are struggling with drugs and alcohol, the Internet, gambling, or an unhealthy relationship with food, the tools of Yoga can help you break out of the patterns of addiction. Using kriya, meditation, and mantra to turn inward, beyond the noise and chaos of daily life, you will learn strategies to identify triggers and self-soothe the body through Yoga. Discover how a Kundalini practice can help move you through subconscious blocks and begin to release emotional trauma. Through practice, discussion, and fellowship, we explore such themes as surrender, deep knowing, commitment, integrity, releasing the past, and service. *Prior Yoga practice is not necessary.*

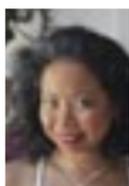
 New Beginners and All Levels

Coming in the Spring



Yoga Life Training

Special Guest Programs



Rolling Out: Myofascial Release for the Upper Body

Take Healing into Your Own Hands \$35

Sun., Jan. 27 • 2–4 p.m. Narisara Vanichanan, E-RYT 500

Work with tense shoulders, neck tightness, backaches, and more. Whether you're under constant stress, training for a marathon, or healing from injuries, this self-care practice will offer relief and space to breathe. This workshop incorporates Yoga Tune Up® Therapy Balls and Restorative Yoga. The Yoga Tune Up® Therapy Ball system provides targeted self-massage therapy by using specially designed, high-grip rubber balls and focused movement routines that help penetrate layers of skin and muscle to massage high-tension areas. Combined with the healing bliss of Restorative Yoga, breath work, and meditation, it may bring relief from stress and a sense of complete surrender.

 New Beginners and All Levels

Rolling Out: Myofascial Release for the Lower Body

Take Healing into Your Own Hands \$35

Sun., Feb. 24 • 2–4 p.m. Narisara Vanichanan, E-RYT 500

Work with back tension, tight hips, tense hamstrings, calves, iliotibial (IT) bands, and more. Whether you're under constant stress, training for a marathon, or healing from injuries, this self-care practice will offer relief and space to breathe. This workshop incorporates Yoga Tune Up® Therapy Balls and Restorative Yoga. The Yoga Tune Up® Therapy Ball system provides targeted self-massage therapy by using specially designed, high-grip rubber balls and focused movement routines that help penetrate layers of skin and muscle to massage high-tension areas. Combined with the healing bliss of Restorative Yoga, breath work, and meditation, it may bring relief from stress and a sense of complete surrender.

 New Beginners and All Levels

Self-Love

NEW

Explore the Potential to Love Yourself Deeply \$32

Sun., Feb. 3 • 11 a.m.–1 p.m. Jennifer Gibson

Come explore the relationship you have with self-love. Through Gentle, Yin, and Restorative Yoga poses, you will learn to open the heart chakra to release what no longer serves you and be ready to receive that which does. Writing exercises will help you create a plan to further your self-care and also highlight the love you have for yourself. All of this will be accompanied by affirmations of love as we nurture ourselves in a gentle way and feel the love reflected inward.  All Levels

Yin/Restorative Ayurveda for Winter

NEW

Warmth for the Kapha Season \$35

Sun., Feb. 3 • 2–5:30 p.m. Nicole Srimati

The wet coolness of the winter season can make you feel tired and unbalanced. Srimati will guide you through one hour of Yin Yoga, a soothing and invigorating practice, followed by one hour of Restorative Yoga, a calming and emotionally balancing practice, for a grounded surrender. Find physical and emotional relief, and challenge yourself through the silence and stillness of these practices. You will leave the workshop with Ayurvedic tips for staying balanced through the remainder of kapha season.  New Beginners and All Levels

Knee Care and Yoga

Protecting the Body's Most Vulnerable Joint \$40

Sun., Feb. 10 • 10:30 a.m.–1:30 p.m. Madhavan, RYT 500, C-IAYT

Learn to protect your knees with proper alignment, and build strength to stabilize the joint. Find out how to use Yoga effectively in treating knee conditions, dealing with pain, and recovering from injury.  All Level

Focus on the Heart **NEW**

A Yin/Yang Practice \$27

Sun., Feb. 10 • 2–4 p.m. Abhaya

This workshop focuses on the energetic and anatomical aspects of the heart center, the space where the energy of body and spirit come together. We will bring awareness to both the heart chakra and the heart meridian. These poses will assist you in finding a greater range of motion throughout the upper body while cultivating self-nourishment and self-love. 🧘 All Levels

Heart Health Through Nutrition and Yoga

A Natural Approach \$27

Sat., Feb. 16 • 1–3 p.m. Manu Dawson, C.Y.N.Th.

One of today's most passionate proponents of natural healing, Manu Dawson shares integrative and complementary approaches to preventing and healing heart disease through nutrition, exercise, and the practice of Yoga. We will discuss the application of such functional strategies as the Dean Ornish diet and beyond. *Yoga postures will not be performed.*

Special Guest Program



Explore the Pelvic Floor (and More!)

Find the Floor of Your Core \$64

Sat., Feb. 23 • 1:30–5:30 p.m.

Richard Sabel, M.A., M.P.H., O.T.R., G.C.F.P., and
Bill Gallagher, P.T., C.M.T., C.Y.T.



The pelvic-floor muscles often seem mysterious and beyond conscious control, yet they are an integral driving force behind human functioning. By bringing awareness, strength, and suppleness to these muscles, you can remedy incontinence, alleviate pain (especially in the pelvis, hips, knees, and back), breathe more efficiently, calm anxiety, cultivate posture and movement habits that improve core strength, and facilitate sexual function and fulfillment. This user-friendly program will familiarize you with key parts of the anatomy and common pelvic-floor conditions. Join us and learn gentle Yoga, Tai Chi, Qigong, and Feldenkrais practices to integrate this important part of yourself fully. 🧘 All Levels

Special Guest Program



HeartMath®

Practical Skills to Enhance Well-Being and Joy \$45

Tues., Feb. 26 • 6:30–9:30 p.m. Jaymie Meyer

This program offers easy self-regulation and resilience-building practices that help individuals become more physiologically and emotionally balanced. You will learn how your response to events, interpersonal communication, and circumstances can deplete or renew your resilience. A discussion of key physiological processes provides a scientific foundation for the practices and their benefit. Highly interactive and fun, this workshop will include practical ideas for integrating HeartMath® tools into everyday life, including the depletion-to-renewal model; techniques for building resilience in the face of change and uncertainty; and a simple method for accessing intuition for improved decision making.



Yoga Class Descriptions

Free Introductory Class

For first-time students and those new to Integral, this class includes the demonstration of poses, the opportunity to ask questions, and individual attention.

The Integral Yoga Class

Level I (beginners), Level I/II (experienced beginners), Level II (intermediate), Level II/III, and Advanced (seasoned practitioners). All aspects of a complete practice: chanting, centering, a sequence of poses to revitalize the physical body, deep relaxation, breathing practices, and meditation. For more than half a century, it has been the key to an easeful body, a peaceful mind, and a useful life.

The One-Hour Class

Level I, Level I/II, and Level II. A shorter class with all the Integral elements.

Prenatal Yoga

For women who have entered the second trimester, movements to strengthen the muscles and organs and help prepare for birth. Visualization and relaxation practices with the baby, too.

Baby and Me Yoga

Parents and babies, six weeks to 12 months old, enjoy gentle practices and time for sharing and discussion.

Integral Yoga for Kids

Classes for kids from toddlers through 11-year-olds are fun, filled with singing and chanting, poses appropriate to each age group, anatomy lessons, and more to increase focus and self-esteem. Toddlers attend with their adults.

Gentle Yoga

Students with special conditions and/or limitations practice this variation of the Integral class, which moves more slowly and includes adaptations for each participant.

Chair Yoga

The full Integral Yoga experience—in a chair!

Restorative Yoga

Using props to support the body, a nurturing practice for students with special health needs, for those in caretaking positions, and for anyone seeking a calming and renewing experience.

Yin Yoga

A quiet floor practice of steady, long-held poses to benefit your connective tissues, such as the fascia, ligaments, tendons, joints, and bones.

Yoga for Arthritis and Chronic Pain

Specially certified instructors adapt Yoga to the challenges of living with arthritis, related conditions, and pain.

Deep Relaxation

A 45-minute experience in bliss with stretching, a long period of silent relaxation, breathing practices, and meditation.

Community Class

\$5 for everyone—an offering.

Class Schedule: Back Cover

Yoga Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 a.m.	*Level I	*1-hour Multilevel	*1-hour Level I	▶ Level I Community Class	*Level I		
10:00 a.m.			IY Kids 1-3 yrs.	Gentle Yoga			
10:15 a.m.	Level I/II	Level I	Level I/II	Level II	Level I	Level I Prenatal Yoga (Partners Welcome)	Level II
10:30 a.m.							Restorative Yoga
11:15 a.m.	Level II	*Advanced Level	Level II	Level I	Level II	Yin Yoga	Level I
12:00 p.m.	*1-hour Multilevel	*1-hour Multilevel	*1-hour Multilevel	*1-hour Multilevel	*1-hour Multilevel	*1-hour Multilevel	*1-hour Multilevel
12:15 p.m.	Open Meditation	Open Meditation	Open Meditation	Open Meditation	Open Meditation	Open Meditation	
1:15 p.m.	Level I	Level I	Yin Yoga	Level I	Level I	Level II	*Free Intro Class
1:30 p.m.	▲ Baby & Me						
2:15 p.m.			Restorative Yoga		Gentle Yoga	Level I Gentle Yoga	Level I
2:30 p.m.			▶ Open Level Community Class				
3:15 p.m.	Gentle Yoga	Gentle Yoga	*1-hour Level I	Level I/II	Level I with Chime Bath	Level I	Level II Chair Yoga
4:00 p.m.		IY Kids 3-6 yrs.	IY Kids 7-11 yrs.				
4:15 p.m.	Level I *1-hour Multilevel	Level II	Level I Yoga for Arthritis	Level I	Level II	◆ Weekly Sound Bath Yoga for Arthritis	Level I
5:00 p.m.					Free Deep Relaxation		
5:15 p.m.	Level II	Level I		Yoga and Qigong		Yin Yoga	Level I/II Restorative Yoga
5:30 p.m.			Level II	♥ Deep Relaxation *1-hour Level II	Level I		
6:00 p.m.	Open Meditation Level I	Open Meditation Level I/II Prenatal Yoga	Open Meditation Yin Yoga	Open Meditation	Restorative Yoga		
6:15 p.m.	Yin Yoga	▶ Level II/III Community Class	Level II/III Restorative Yoga	Level I/II	Level II/III	▶ Level I Community Class	
6:30 p.m.	Level I/II	Level I	Level I				
6:45 p.m.				Restorative Yoga			
7:15 p.m.	*1-hour Level I	*1-hour Multilevel	*1-hour Multilevel	*1-hour Level I	*1-hour Level I		

Most classes are 1 hour and 30 minutes ♥ 45-minute class/\$12 *\$12 ◆ 1-hour/\$15
 ▶ \$5 *1-hour-and-45-minute class ▲ 6 weeks to 12 months; 1-hour class/\$18

IYI's 5-, 10-, and 20-Class Cards Never Expire!

Type of Class	Single Class	5-Class Card	10-Class Card	20-Class Card
Regular	\$18	\$85	\$160	\$280
1 hour	\$12		\$100	

Unlimited Class Cards	1-Month	3-Month	1-Year
	\$125	\$325	\$1,008

New Students 3 Classes/\$40* PLUS Introductory Discounts
 at Integral Yoga Shop and Wellness Spa
**In-store purchases only*

Free Yoga Class for You and a Friend on Your Birthday!



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