

# IYENGAR YOGA CLASSES



All of the **proceeds** of this class will go towards **VPHS graduation**.

## **TUESDAYS 5:00-6:15pm - Level 1/2**

Basics and beyond. This is a mixed level course for new students who are ready to dive in, practitioners of other methods and experienced Iyengar yoga practitioners who would like to strengthen their foundation. Inversions will be introduced and practiced regularly.

**January 7, 2019 –  
April 16, 2019  
(no class on February 19, 2019)**

## Iyengar Yoga

Experience the fundamental postures of Iyengar Yoga (pronounced “eye-yen-gar”), it is a method named after yoga master BKS Iyengar, who helped bring Yoga to the West. Iyengar inspired yoga promotes flexibility, strength and balance.

**\$10 per class drop in (cheque or cash)  
OR pay up front \$120.00 for the entire session**

---

**VICTORIA PARK  
HIGH SCHOOL**

---

### **VPHS gym**

1515-5th Ave. South  
Lethbridge, Alberta



## Contact Info

[lenore.lindeman@lethsd.ab.ca](mailto:lenore.lindeman@lethsd.ab.ca)  
403-327-3945

Lenore is instructing. She is certified as an Introductory Level II teacher in the Iyengar tradition. She is also a teacher at VPHS,

**First class? Please drop in 5-10 minutes early to meet the teacher and fill out a student information form.**

### **Preparing for Yoga Practice**

Arrive and **enter through the back doors** a few minutes early to prepare and create a quiet, inward focus

Leave your cell phone at home or in the car

Avoid drinking water or chewing gum during class