



# Colorado School of Iyengar Yoga

Teaching Hatha Yoga in the tradition of B.K.S. Iyengar

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## Ongoing Class Schedule

**Class Schedule** (UPDATED November 15, 2011)

CSIY will be closed Thanksgiving Day

New Intermediate & Beginners, Classes!

Day	Time	Studio	Teacher	Level or Special Focus of Class
Monday	9:30-11:00 am	Large	Jeanne Ann	Backbends & chest openers <a href="#">more...</a>
	11:30 am -1:00 pm	Large	Jeanne Ann	1-2
	5:45-7:15 pm	Large	Eleanor	1-2
Tuesday	9:00-10:30 am	Small	Shelley	1
	10:00-11:30 am	Large	Eleanor	1-2
	Noon-1:00 pm	Large	Eleanor	1-2
	<b>NEW!</b> 5:45-6:45 pm	Small	Shaela	<b>Beginners' class - Starts October 18.</b> Other levels welcome to come benefit from acupressure and breathing techniques! Buy book of class tickets and come to first stress relief for free!
	<b>NEW!</b> 7:00-8:00 pm	Small	Shaela	<b>All levels. Yoga for Stress-Relief. Starts October 18.</b> For those who need to relieve stress, insomnia or tension. This class works with the breath and Shaela's knowledge of acupressure points and oriental therapy to further enable the body and mind to release while working on classic poses for alignment. Note: This class is also appropriate for expecting mothers.