



# Yoga Co-op of Madison

812 East Dayton Street, Suite 200 Madison, WI 53703

[www.yogacoop.com](http://www.yogacoop.com)

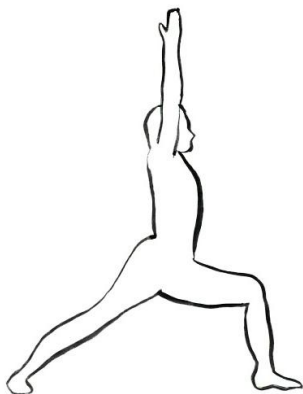
## **2010 Schedule (through June 30)**

Sunday	8:30 – 10:00 am	Level 1 drop-in	Katie	New students welcome anytime
	10:30 - noon	Level 2	Katie	
	4:00 – 5:00 pm	All levels	staff	Monthly free class. Classes Jan 3, Feb 7, Mar 7, Apr 4, May 2.
Monday	5:30 – 7:00 pm	Level 1 drop-in	Karan	New students welcome anytime
	7:15 – 8:45 pm	Intro drop-in	Sophie	New students welcome 1 <sup>st</sup> Mon. of each mo.
Tuesday	Noon – 1:00 pm	Level 1 series	Lisa	See website for registration information.
	5:30 – 7:00 pm	Level 2 drop-in	Faith	
	7:15 – 8:45 pm	Level 1 drop-in	Gina	New students welcome anytime
Wednesday	5:30 – 7:00 pm	Level 2 drop-in	Karan	
	7:15 -8:45 pm	Level 1 drop-in	Sophie	New students welcome anytime
Thursday	9:00 – 10:30 am	Level 1 drop-in	Barbara	New students welcome anytime
	Noon – 1:00 pm	Level 1 drop-in	Sophie	New students welcome anytime
	5:30 – 7:00 pm	Level 3 drop-in	Faith	
	7:15 – 8:30 pm	Intro Series	Staff	January 21 to March 11. See website for registration information.
Friday	3:00 – 4:00 pm	Intro Series	Lisa	March 19 to May 7. See website for registration information
	4:30 – 6:00 pm	Level 1 drop-in	Lisa	New students welcome anytime
	6:15 – 7:45 pm	Women's yoga	Gina	Drop-in class, new students welcome anytime. No class from Feb. 19 to May 21.
Saturday	9:00 – 10:30 am	Level 1 drop-in	Katie	New students welcome anytime

**All classes are drop-in, except for series. Series fees** are found at our website [www.yogacoop.com](http://www.yogacoop.com)

**Class Fees:** Drop-in fees are \$10 for coop members and \$12 for non-members.

**Yoga Pass:** A Yoga Pass is valid for 3 months and contains 10 classes. A member pass is \$90 and non-member pass is \$110.



## *Yoga is for everyone!*

Welcome to the Yoga Co-op Community. We are a cooperative yoga studio committed to the practice, teaching, and study of Iyengar yoga.

Yoga is for everyone. We cultivate a non-competitive and vibrant learning environment. New and experienced students are welcome. You do not have to be in-shape or flexible to attend a yoga class.

Classes are open to all interested students. Membership is not required to attend classes.

## *What is yoga in the Iyengar tradition?*

Iyengar yoga is a method of hatha yoga which was developed (and continues to evolve) from the lifelong dedicated practice of its creator, BKS Iyengar. It is recognized for its exploration of poses as they relate to our physical, emotional, spiritual, physiological, and psychological nature.

Yoga is classified as a darsana, which is a philosophy based on experience rather than theory. The Yoga Co-op offers classes to guide students in their study.

Classes are composed of sequences of asanas (postures) carefully arranged to help each student develop strength, stamina, flexibility, and balance, as well as a sense of well-being

Physical alignment is important, so props are used to help students achieve their best posture safely. Props help students increase their range of motion, their time working in each pose, and their confidence and understanding of the pose. Yoga practice is all inclusive! By bringing every cell of our body to attention in each pose, we are able to truly fully live/experience in the present.

## *Teachers and Students*

Working with a teacher in a class setting offers you tremendous benefits. Teachers design yoga classes for learning, deepening your technique, and exposing you to new ways of working and to new qualities of mind. Teachers help deepen your appreciation and understanding by drawing from their own experience and enthusiasm. Without a teacher to guide you, you may be unable to see clearly your greatest weakness. Teachers spark your curiosity and encourage you to follow their example and explore the many aspects of yoga more fully.

Teachers at the Yoga Co-op build dedication, camaraderie, compassion, interaction, community spirit, and friendship.

Come join us in class!

*Please Note: For all classes, wear leggings, leotards, or short, but no baggy pants. We practice yoga barefoot. It is best not to eat for a couple of hours before class.*

## *Class Descriptions*

**Intro:** Beginning level for people new to yoga and/or new to the Iyengar method. We recommend taking the drop-in Intro class for at least 2 months or taking at least one Intro Series before progressing to the next level. Intro classes may be repeated if desired.

**Level 1:** For continuing beginning students. Refinement of basic poses, with an emphasis on standing poses, seating poses, and beginning inversion. Many students take this level several times.

**Level 2:** Deeper and expanded study of the basic poses, with increased study of inversions and backward extensions.

**Level 3:** Open to students with a personal practice who are strong in standing poses and inversions and who would like more vigorous work. Please talk to your instructor to determine if this class is for you.

**Women's Yoga:** A less strenuous class, poses and sequences are designed for women going through all stages of life.

## *Teachers*

Faith Russell	249-0640 faithrussell@charter.net
Katie Veit	233-0453 wveit@sbcglobal.net
Karan Hase	203-8585 khase555@gmail.com
Barbara Fuerst Sgro	467-0011 barbarafuerst@gmx.ch
Gina Cowell	231-1694 reginacowell@sbcglobal.net
Sophie Colleau	251-9672