



Yoga Co-op of Madison

812 East Dayton Street, Suite 200 Madison, WI 53703

www.yogacoop.com

2012 Winter/Spring Schedule-Starts January 2

Sunday	8:30 – 10:00 am	Level 1 drop-in	Katie	New students welcome anytime. No class Mar. 11, Apr. 29
	10:30 - noon	Level 2 drop-in	Katie	No class Mar. 11, Apr. 29
	3:00 – 4:15 pm	Intro Series	Lisa	5-week series Jan. 8 to Feb.5 5-week series Feb 12 – Mar. 18 5-week series Mar. 25 – April 22 See website for registration.
	4:30 to 5:45 pm	Level 1 drop-in	Lisa	New students welcome anytime
Monday	5:30 – 7:00 pm	Level 1 drop-in	Karan	New students welcome anytime
Tuesday	5:30 – 7:00 pm	Level 2 drop-in	Faith	6-week series Mar. 20 to Apr. 24 See website for registration.
	7:15 – 8:45 pm	Intro Series	Sophie	
Wednesday	5:30 – 7:00 pm	Level 2 drop-in	Karan Barbara	New students welcome anytime
	7:15 -8:45 pm	Level 1 drop-in	Sophie	
Thursday	11:00 am – 12:15 pm	Level 1 drop-in	Sophie	New students welcome anytime. Class begins Jan. 19.
	5:30 – 7:00 pm	Level 3 drop-in	Faith	6-week series Jan. 19 to Feb. 23 6-week series Mar. 15 to Apr. 19 See website for registration.
	7:15 – 8:45 pm	Gentle Yoga series	Faith	
Friday				
Saturday	9:30 – 11:00 am	Level 1 drop-in	Barbara	New students welcome anytime. Class starts January 21. No class March 10, April 28
	4:00 – 5:00 pm	All levels	Staff	Monthly free class. Classes on Jan. 7, Feb. 4, Mar. 3, Apr. 14, May 5, Jun. 9

All classes are drop-in, except for series. Series fees are found at our website 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.

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



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. Membership is not required to attend classes.

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.

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.

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!

Class Descriptions

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

Gentle Yoga: A slower pace class where poses are taught with more modifications and props to accommodate older students or those with mild chronic health conditions. If you are new to yoga, please obtain your Doctor's permission before enrolling for this class.

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.

Teachers

Faith Russell	249-0640 faithrussell@charter.net
Katie Veit	233-0453 wveit@sbcglobal.net
Karan Hase	khase555@gmail.com
Lisa Hajek	220-4095 lisahajek@hotmail.com
Sophie Colleau	251-9672
Barbara Fuerst Sgro	467-0011 barbarafuerst@gmx.ch