



www.AudubonYoga.com  
511 Octavia St. NOLA 70115  
504-821-9885

## Special Spring Classes March 31 - April 8

Spring Classes begin Saturday, April 12

Rebecca Lerner Workshop, May 30 - June 1

**Classes for All Levels (Level I & II):** Students must have completed at least one Level I Iyengar yoga course and be familiar with shoulderstand. No new beginning students, please!!

### **Kitchen Sink with Becky, Tuesday April 1, 6pm - 8pm**

This class will explore a variety of all types of poses: standing, seated, forward & back bends, balancings, twists, inversions and restorative. Poses will be adapted as necessary for less experienced students. (No new beginners, please!)

### **Level I Intensive with Becky, Wednesday April 2, 6pm - 8pm**

A review of Level I poses with emphasis on energizing and restorative poses as well as taking a look at some poses and preparations that are introduced in Level II classes.

### **Restorative & Pranayama with Becky, Thursday April 3, 10am - noon**

Students will be taken through active poses to awaken the body and mind, followed by quieting poses and some seated & supine pranayama.

### **Everything Class with Casey, Wednesday April 9, 6pm - 8pm**

Casey's class will include standing poses, backbends, twists, inversions, and forward bends. This is a fun opportunity to be introduced to some new poses.

**Classes for Levels I/II & III:** Students must have completed at least one Level I/II Iyengar yoga session and be familiar with shoulderstand and headstand. No beginning students, please!

### **Hip Openers with Casey, Monday March 31, 6pm - 8pm**

Casey will guide students through a variety of poses that help to open the hips and lead to exploration of Padmasana (lotus pose).

### **Restorative Poses with Casey, Monday, April 7, 6pm - 8pm**

This class will look at ways our practice of yoga can help alleviate stress and achieve relaxation. Students will be taken through a variety of restorative poses to bring about a sense of peace and ease.

### **Spring Cleaning with Jonathan, Thursday, April 10, 6pm - 8pm**

This class will focus on forward extensions and twists. Jonathan Freilich is a certified Iyengar yoga instructor who teaches at Yoga Bywater and is a regular substitute teacher at Audubon Yoga Studio.



www.AudubonYoga.com  
511 Octavia St. NOLA 70115  
504-821-9885

## Special Spring Classes March 31 - April 8

Spring Classes begin Saturday, April 12  
Rebecca Lerner Workshop, May 30 - June 1

These workshop-style classes are to help deepen your experience and understanding of Iyengar yoga. We are offering a variety of subjects for you to explore.

Please choose classes according to your interest and level of experience.

These classes are for students who have been regularly attending Iyengar yoga classes during the last session or so. We will start a new session Saturday April 12 at which point students new to the Iyengar method may begin.

Sign up at the studio or email Becky at [beckyyoga@yahoo.com](mailto:beckyyoga@yahoo.com) by Saturday March 29.

Pre-registration is highly encouraged as class size will be limited. By pre-registering we will have a better sense of who is attending so we can plan to meet your specific needs. If we don't have enough students signed up for a particular class we will cancel that class.

These classes are not to be used as make up classes from previous sessions.

Prices for these 2 hour special classes are \$20. each or \$17. if you sign up for 2 or more.

Thank you! And enjoy!