

IYENGAR INTENSIVES

MONDAY JULY 9 • AFTERNOON

150 3:30 PM 5:30 PM *JOHN LEEBOLD*
**STANDING POSES AND THE RELATIONSHIP
 BETWEEN ARM BALANCING AND BACKBENDS**
 TYPE: SAT BRAHMA INTENSE

Things that affect us throughout our lives are the dynamics of the foundation points of the feet and hands; the initiation of spinal function; and the integration of the pelvic and shoulder girdles. These are facets of experience that need to be “measured” and “educated” in any sequencing leading to backbends. This class will highlight the inner awareness required to do backbends safely.

148 4:00 PM 5:30 PM *FELICITY GREEN*
**HOW DO WE MAKE THE YOGA SUTRAS
 BECOME MEANINGFUL?**
 TYPE: ANANDA BRAHMA MILD

For students who are interested in understanding how to apply the Yoga Sutras to their lives. I will first give an overview of the Sutras. Then I will take the obstacles (Sutra 1.30). After giving students a list of various translations of these obstacles, I will then ask them to look at themselves and see what exactly are the things that hold them back from progress on the Yogic path. Please Note: Bring notebook, writing instrument... and honesty and courage.

152 4:00 PM 5:30 PM *JH LASATER*
RESTORATIVE YOGA
 TYPE: SAT BRAHMA MIDDLING

In this class we will learn about the three stages of savasana and how we can enter them with our whole being. Most of our time together will be spent in practice.

145 4:00 PM 6:00 PM *HS ARUN*
OPEN SESAME
 TYPE: SAT SIVA MIDDLING

Different ways to unrestrict and unbind the body and mind.

149 4:00 PM 6:00 PM *JUDI SOFFA*
BEGINNING PRANAYAMA
 TYPE: SAT BRAHMA MILD

Preparatory asanas and an introduction to supine pranayama (Ujjayi) and sitting.

151 4:00 PM 6:00 PM *RAMANAND PATEL*
**ASANA PRACTICE BASED ON BADDHAKONASANA
 AND VIRASANA—NADIS**
 TYPE: CHIT VISNU MILD

The location of the fourteen major nadis will be examined in relation to their effects beyond the physical and organic approaches to asana practice, leading from active effort of organs of action (karmendriyas) into receptive action of breath as divine sanction. Students must be familiar with the basic approach to standing poses & forward bends. This class is not suitable for those needing therapeutic work.

153 4:00 PM 6:00 PM *M RAWLINSON*
THE ART OF SEQUENCING: INVERSIONS
 TYPE: SAT VISNU MIDDLING

Exploring how we can, through intelligent sequencing of asanas, discover new insights and awareness and create greater openings which can lead on to attempting the more difficult of poses with ease and grace. Those poses have already been *created*. This class will lead in to a practice of inversions. No absolute beginners please.

VISNU PRACTICE — Iyengar Experience Recommended
SIVA PRINCIPLES — Recommended for All Teachers
MILD — Beginning or Students with Restrictions
MIDDLING — Intermediate Class Level
INTENSE — Advanced Class Level

Since BKS Iyengar taught regularly in countries such as Great Britain, France, South Africa, Germany and the like for almost a decade before his regular visits to the USA began, the call went out to those highly experienced teachers. The initial 5-Day Intensive is thus being taught by some of the best and most accomplished Iyengar yoga teachers drawn from all around the world. Although some are rare visitors to the USA, the experiences of all are impeccable, and possess two decades and more of experience not just of teaching, but of teacher training. All have willingly and joyfully come together, setting all other considerations aside to donate their services in this cause. Taken together, they form an unparalleled array of talent and expertise. The levels of the classes range from the *Beginning* (Level I, Beginners or those with compromises), to the *Intermediate* (Level II, Intermediates with some experience of yoga), to the *Advanced* (Level III, Advanced and Accomplished practitioners). They also cater for those with very little experience in Iyengar yoga (the Brahma or Foundation classes), for those more familiar with it (the Visnu or Practice classes), and for those who want the finer details (the Siva classes).

MONDAY JULY 9 • EARLY MORNING

101 7:00 AM 8:30 AM *HS ARUN*
PRANAYAMA IN ASANA
 TYPE: ANANDA VISNU MIDDLING

An integral flow of breath consciousness within specific asanas.

103 7:00 AM 8:30 AM *ANNEMIEKE POST*
PRANAYAMA: ABSORBING THE ENERGY OF LIFE
 TYPE: SAT BRAHMA MILD

A fully joyful life is only possible when body, mind and spirit can be kept in a state that is balanced and accepting enough to absorb that joy from all the situations we might meet. In this class we will begin with a few quieting asanas to create the necessary receptive state, and then continue with the inhalation and exhalation experiences of pranayama that help us to deepen that state.

102 7:30 AM 10:30 AM *CATHY ROGERS*
THE MORE CHALLENGING POSTURES
 TYPE: SAT SIVA INTENSE

There are some asanas which you only see in Light on Yoga, or you watch someone else do in a demonstration. This is either because they are *Senior Advanced* asanas or else simply because no-one has ever taught them to you. In this class you will get the opportunity to learn some of these more challenging asanas. Students should be free from serious restrictions.

111 8:30 AM 10:30 AM *PAT DEACON*
THE ROAD TO PADMASANA (FOR BEGINNERS)
 TYPE: SAT BRAHMA MILD

A class that includes a sequence recommended to me by Gurujii in 1975 to help me achieve Padmasana. It provides a progression for beginners to achieve the pose safely.

104 8:30 AM 11:00 AM *CHRISTIAN PISANO*
CLEANSING AND CHURNING
 TYPE: SAT SIVA MIDDLING

We will see how different groups of asana and their links (vinyasa krama) generate a process of cleansing and how different colorations of body, mind and breath, are one with their source. This aspect unfolds a churning process where the postures evolve from one point and come back to that point in waves. NOT SUITABLE for remedial or menstruating students.

MONDAY JULY 9 • MID MORNING

127 9:30 AM 11:30 AM *JUDI SOFFA*
**STANDING POSES—STABILITY AND EXTENSION IN
 TWISTS AND BALANCES**
 TYPE: SAT VISNU MIDDLING

A hard-working class which will cover some of the key points in the more advanced standing poses with the emphasis on stability and balance in the balancing poses and stability and extension in the standing twists. It will finish with inversions.

132 10:00 AM 12:30 PM *JUNE WPISANO*
THE SOURCE: SAMASTHITI—STANDING ASANAS
 TYPE: SAT BRAHMA MIDDLING

We will practice the standing asanas to establish the base and see how they are the foundation of alignment and therefore all other asanas. NOT SUITABLE for remedial or menstruating students.

130 10:30 AM 12:00 PM *JH LASATER*
TWISTING FROM THE SOUL
 TYPE: SAT BRAHMA MIDDLING

Twists are poses that slow us down, making us move with great care and intelligence. In this class we will explore standing, sitting and lying twists, finding what they have in common and what benefits they create. We will pay special attention to protecting the sacroiliac joint.

125 10:30 AM 12:30 PM *MAXINE TOBLAS*
ABSORBING THE FOUNDATION OF YOGA
 TYPE: SAT BRAHMA MIDDLING

Learn how to use your body optimally in each posture. This is learning not doing. Standing Asanas will be the module for all other types of asanas. The emphasis of this class will be on standing poses.

128 10:30 AM 12:30 PM *ROS BELL*
INTRODUCTORY IYENGAR YOGA
 TYPE: SAT BRAHMA MILD

New to yoga, or new to Iyengar yoga? Maybe with a body that doesn't seem to work like those bendy people in yoga magazines? Or just wanting to reinforce the key fundamentals of those important introductory postures? This class is open to anyone interested in learning to practice Iyengar yoga, or in consolidating their practice, and will focus on asanas (postures) that most beginners can safely attempt.

129 11:00 AM 12:30 PM *RAMANAND PATEL*
**ASANA PRACTICE BASED ON BADDHAKONASANA
 AND VIRASANA—A PHYSICAL APPROACH**
 TYPE: SAT BRAHMA MILD

Imbalances between left and right sides of the body in Baddhakonasana and Virasana will be looked at. The manner in which these imbalances influence the standing poses and some corrections will be looked into.

131 11:00 AM 12:30 PM *MONICA HAAR*
STANDING POSES: CREATING A FIRM FOUNDATION
 TYPE: SAT BRAHMA MIDDLING

A body that moves with ease and steadiness at all times makes asana practice pleasurable, and is also the recipe for contentedness in life. This class will show how standing poses can be used to build such a foundation.

KEY TO CLASS TYPES & LEVELS
 SAT — Asana & Pranayama
 CHIT — Special Teachings & Insights
 ANANDA — Particular Interests
 BRAHMA FOUNDATION — Recommended for All Levels

154 4:00 PM 6:00 PM *AGNES MINEUR*
BALANCE IN STANDING POSES: HAVE A FIRM MIND
AND A WARM HEART

TYPE: SAT BRAHMA MILD

Agnes likes to teach students personally by leading and correcting them. She then wants to see, by the movements of their bodies, that they have really understood what she has tried to impart. It is Agnes' belief that when students truly and deeply experience the engaging beauty of limbs rightly aligned, they will be rewarded with the inner warmth and glow of that thoroughly unifying experience.

156 4:00 PM 6:00 PM *JZ VAN RENSBURG*
PURELY IYENGAR: CONFIDENCE, CREATIVITY,
AND STABILITY

TYPE: SAT BRAHMA MIDDLING

In this energetic class, Joyce shows us how to work with our legs, feet, and ultimately our arms and shoulders, to build strong stable foundations for our own "temples." Joyce shows us how we can creatively and confidently improve the stability of our poses and ultimately 'grow' our entire body.

169 5:30 PM 6:30 PM *ALAN GOODE*
THE INTEGRATION OF EXPERIENCE: A DISCUSSION
OF PRINCIPLES

TYPE: CHIT SIVA MILD

This class will help define "The Twin Pillars of Yoga." It will examine the principles of Patanjali's Yoga Sutras within the context of practice. The classes that Alan will then teach over the 5-Day Intensive will be deeper and more practical examinations and realizations of these principles. Although each class in the sequence will have a particular focus, the overall aim is to provide a cohesive understanding and experience of practice. Please Note: Although this initial session in the sequence is open to all, in general the remaining sessions are not intended for beginners to yoga; and a firm foundation in Iyengar yoga is well-advised. It is also possible to attend individual sessions.

MONDAY JULY 9 • EARLY EVENING

177 6:00 PM 8:00 PM *PAT DEACON*
ADHO MUKHA SVANASANA: THE POSE FOR
ALL SITUATIONS

TYPE: SAT BRAHMA MILD

The class will explore the versatility of Adho Mukha Svanasana and how it can be used to help prepare the body and mind to achieve and improve many other asanas that can also help with personal practice.

168 6:00 PM 9:00 PM *CATHY ROGERS*
HOW TO USE PROPS TO GET A MEASURE OF
YOUR ASANA

TYPE: SAT BRAHMA MILD

In this class you will explore how to work with a wide variety of props as described by B.K.S. Iyengar to self assess your asana towards improved alignment, stability, extension and sensitivity in your already existing practice. This is a class for people with an established practice who want to become advanced in beginners' asanas while learning and re-confirming the use of a wide variety of props.

178 7:00 PM 8:00 PM *JZ VAN RENSBURG*
THE BEGINNINGS OF PRANAYAMA

TYPE: SAT BRAHMA MIDDLING

Joyce will share with us vital information on pranayama, the yogic art of breathing, and its techniques of inhalation, retention and exhalation acquired during more than 40 years of practice. She teaches us that cycles of breath can not only restore us to wholeness, steadying our minds and encouraging wisdom, but can transform us and fill us with light and energy.

189 7:00 PM 9:00 PM *HS ARUN*
PADMASANA TO KANDASANA—FROM FLOWER
BACK TO THE ROOT

TYPE: SAT VISNU INTENSE

An intense exploration of all the intricate movements that arrive at poses like vama devasana, yogadandasana and kandasana.

193 7:00 PM 9:00 PM *LAURENCE O'TOOLE*
BACK TO BASICS

TYPE: SAT BRAHMA MIDDLING

This is a general class aimed at presenting the basics of alignment and correct extension, coupled with adjustment and refinement. (Emphasis will be placed on standing postures).

191 7:00 PM 9:30 PM *ALAN GOODE*
THE TWIN PILLARS OF YOGA:
FOCUS ON STANDING POSES

TYPE: SAT VISNU MIDDLING

An examination of abhyasa and vairagya through standing poses. This class proposes an introduction to yogic philosophy in the practice of Iyengar yoga. This class is not intended for beginners to yoga; and a firm foundation in Iyengar yoga is well-advised. More details under class code 169 on page 14.

192 7:00 PM 9:30 PM *CHRISTIAN PISANO*
VINYASA AND VINYASA KRAMA

TYPE: SAT VISNU MIDDLING

Sun salutations and linking the asanas. Please Note: 10 min. Sirsasana and sarvangasana, and urdhva dhanurasana from floor and with arms straight. NOT SUITABLE for remedial or menstruating students, nor for the elderly.

197 7:30 PM 9:30 PM *MONICA HAAR*
EXPLORING THE HIP AND THE SHOULDER

TYPE: SAT BRAHMA MIDDLING

Although the hip and shoulder are the most mobile joints in the body, they easily fall prey to difficulties and limitations. This class will work on increasing joint mobility, while at the same time showing how joint stability can be maintained.

MONDAY JULY 9 • LATE EVENING

112 8:00 PM 9:30 PM *MAXINE TOBLAS*
PRANAYAMA

TYPE: SAT VISNU MIDDLING

A quiet mind and emotional stability are the antidote to the stresses of modern life. Deep relaxation, ujjayi and nadi sodhana pranayama help us to achieve this state of tranquility. No complete beginners, please.

195 8:30 PM 9:30 PM *RAMANAND PATEL*
PRANAYAMA FOR INTERMEDIATES

TYPE: SAT VISNU MIDDLING

Technique of observing the normal breathing pattern in supine position will be introduced. Then a step by step approach to how to convert this normal breath into Ujjayi pranayama will be examined. Concept of observing the brain diaphragm and its implication on safe inhalation retention and exhalation retention will be seen. The transference of this information to seated pranayama will be taught.

TUESDAY JULY 10 • EARLY MORNING

203 7:00 AM 9:00 AM *ROS BELL*
WORK HARD, PLAY HARD—DISCOVERING THE
FRESHNESS OF THE ASANAS

TYPE: SAT BRAHMA INTENSE

Discipline and studiousness are important in yoga practice, but sometimes deeper understanding and awareness come from exploring the asanas with a play-

ful mind. We'll investigate a range of asanas (and the connections between them) by experiencing and experimenting, working hard and having serious fun.

201 7:30 AM 10:00 AM *CHRISTIAN PISANO*
THE EASTERN GATE—PURVADHVARA:

INTRODUCTION TO BACKBENDS

TYPE: SAT VISNU MIDDLING

Skillful sequencing for backbends. Please Note: 10 min Sirsasana and sarvangasana. Urdhva dhanurasana from floor and with arms straight. Class is NOT suitable for remedial or menstruating students.

202 7:30 AM 10:00 AM *JUNE W PISANO*
STOKING THE DIGESTIVE FIRE: JATHARA

AGNI—TWISTING ASANAS

TYPE: SAT SIVA INTENSE

Through the twisting asanas, we not only learn to cleanse and stir the digestive fire but also to create mobility and freedom. NOT SUITABLE for remedial or menstruating students.

204 8:00 AM 9:30 AM *ALAN GOODE*
EVOLUTION AND INVOLUTION: PRANAYAMA

TYPE: SAT VISNU MIDDLING

Developing clarity in the practice of pranayama. This class is not intended for beginners to yoga; and a foundation in Iyengar yoga is well-advised. More details under class code 169 on page 14.

205 8:00 AM 10:00 AM *LAURENCE O'TOOLE*
RECHARGING THE BODY BATTERY

TYPE: SAT BRAHMA MILD

We all know what it feels like when we become exhausted, listless, either through overwork, illness or disharmony with ourselves. This class is to help restore balance to the body and fortify the endocrine system (the body's immunity) with selected passive postures and pranayama.

TUESDAY JULY 10 • MID MORNING

231 10:00 AM 12:00 PM *JUDI SOFFA*
PRACTICE FOR A HEALTHY BACK

TYPE: SAT BRAHMA MIDDLING

A program of careful asanas to help ease backache and to keep a pain free back. Please Note: For students with general backache—but not for "slipped disc" or nerve involvement. For teachers interested in the subject.

225 10:30 AM 12:00 PM *JH LASATER*
TWISTING FROM THE SOUL

TYPE: SAT BRAHMA MIDDLING

Twists are poses that slow us down, making us move with great care and intelligence. In this class we will explore standing, sitting and lying twists, finding what they have in common and what benefits they create. We will pay special attention to protecting the sacroiliac joint.

226 10:30 AM 12:30 PM *JOHN LEEBOLD*
STANDING POSES AND THE RELATIONSHIP TO
TWISTS AND BACKBENDS

TYPE: SAT BRAHMA MIDDLING

The standing pose with backbends and sitting twists are linked with the dimension of seeing. In both standing twists and backbends we will work at coordinating and balancing the functions of the rib cage. The pelvic thoracic inlet and cranial diaphragms will also be examined and explored.

228 10:30 AM 12:30 PM *HS ARUN*
YOGA ON THE BELTWAY

TYPE: SAT BRAHMA MILD

Using the belt for a good foundation in understanding poses. Please bring at least one yoga belt. More details under class code 169 on page 14.

IYENGAR INTENSIVES

229 10:30 AM 12:30 PM CATHY ROGERS

HOW TO PROGRESS IN BACKBENDS

TYPE: SAT SIVA MIDDLING

In this stimulating class you will discover by practicing how to improve your ability to practice backbends, through correct sequencing. It will allow you to release some of the fears which accumulate in life, while bringing renewed self confidence and vitality. A minimum of 6-9 months practice required.

230 10:30 AM 12:30 PM ANNEMIEKE POST

HIGH STEPPING YOUR WAY

TYPE: SAT BRAHMA INTENSE

In this fun-filled and inspiring session, Annemieke will take us on a yoga journey that begins deceptively simply, yet takes us to new heights as we engage with a series of fun, challenging, and often hard to perform asanas which she teaches us to engage in with spirit.

232 10:30 AM 12:30 PM JZ VAN RENSBURG

LIGHT AND GRACE: BENDING YOUR BACK

BEAUTIFULLY

TYPE: SAT BRAHMA INTENSE

In this class, Joyce will give us the tools to prepare our bodies adequately, for this is indeed the secret to achieving beautiful backbends. She will demonstrate how to accomplish backbends without injury or exhaustion. We are then able to experience that lightness in our bodies and pure joy and exhilaration in our beings that accompanies the successful completion of these more difficult but dynamic asanas.

TUESDAY JULY 10 • LATE MORNING

227 11:30 AM 12:30 PM RAMANAND PATEL

PRANAYAMA FOR BEGINNERS

TYPE: SAT BRAHMA MILD

Technique of observing the normal breathing pattern in supine position will be introduced. Then a step by step approach to how to convert this normal breath into Ujjayi pranayama will be examined. Beginning concepts of observing the brain diaphragm will be taught.

TUESDAY JULY 10 • AFTERNOON

247 4:00 PM 5:30 PM JH LASATER

RESTORATIVE YOGA

TYPE: SAT BRAHMA MIDDLING

We work very hard in our lives, and while we may sleep, we rarely take time to rest. Interestingly, physiologists tell us that rest is equally important as sleep. In this class we will learn about the three stages of savasana and how we can enter them with our whole being. Most of our time will be spent in practice.

249 4:00 PM 5:30 PM RAMANAND PATEL

ASANA PRACTICE BASED ON SUPTA

PADANGUSTASANA SERIES TO YOGA

NIDRASANA—A PHYSICAL APPROACH

TYPE: SAT BRAHMA MILD

Imbalances between left and right sides of the body in Supta Padangustasana will be looked at. The manner in which these hip openers influence the standing poses and some corrections will be looked into. The concept of bone work will be emphasized.

250 4:00 PM 6:00 PM AGNES MINEUR

FORWARD BENDING WITH JUMPING: EXPERIENCE THE JOY

TYPE: SAT BRAHMA MILD

Agnes will expertly instruct participants and demonstrate the ways in which these asanas develop not only the shoulders in particular, but many other parts of the body as well. These asanas also stimulate the consciousness by enabling it to be sharp and agile, and therefore ever ready to seize the Joy of the Spirit.

255 4:00 PM 6:00 PM PAT DEACON

INVERSIONS & VARIATIONS

TYPE: SAT VISNU MILD

Progression from beginner to independent achievement. In this class you will be shown that through careful preparation and better understanding independent inversions can be achieved and may be followed by some basic variations in inversions.

245 4:00 PM 6:30 PM CHRISTIAN PISANO

THE BELLY OF THE FISH (MATSYODHARA) AND

THE ISLAND OF THE MOON (CHANDRA

DVIPA): INTRODUCING THE BANDHAS

TYPE: SAT SIVA INTENSE

Asana reveals inner landscapes and geographies. Here we'll see asanas that help to reach important junctions in the traditional yogic mapping of the body and the different colorations of the breath in these regions (apana, samana, prana, udana). We'll explore the region of "the belly of the fish" (matsyodhara) and the asanas which unfold naturally and organically mulabandha and uddiyana bandha plus "the island of the moon" (chandra dvipa) using the asanas which unfold jalandhara bandha. NOT SUITABLE for remedial or menstruating students.

270 5:00 PM 7:00 PM M RAWLINSON

THE ART OF SEQUENCING: RESTORATIVE ASANAS

FOR PRACTICE OF PRANAYAMA (AND PADMASANA)

TYPE: SAT VISNU MIDDLING

Exploring how we can, through intelligent sequencing of asanas, discover new insights and awareness and create greater openings which can lead on to attempting the more difficult of poses with ease and grace. This class will lead in to a sequence of restorative asanas, and a Padmasana preparation, designed to enhance your pranayama practice. No absolute beginners please.

TUESDAY JULY 10 • EARLY EVENING

267 6:30 PM 8:30 PM MAXINE TOBLAS

STRETCH FROM THE HIPS

TYPE: SAT VISNU MIDDLING

Healthy body and healthy mind. Flexibility, strength and knowledge of basic asanas are the prerequisites for more advanced poses. This class will be structured on front stretching NOT bending. The work will be based on hip flexion and hip extension. No complete beginners, please.

276 6:30 PM 8:30 PM FELICITY GREEN

ROTATIONS/TWISTS: THE NEGLECTED CHILD IN THE FAMILY OF ASANAS

TYPE: SAT BRAHMA MIDDLING

In this class we will take twists from their simplest form, which is where we learn the ABC's, to wherever the class as a majority can go. These are poses where we learn to hold our center in stillness. Class is for students of at least 3 years experience (going beyond the basics).

275 6:30 PM 9:30 PM JUDI SOFFA

HOW TO FEEL AND HOW TO READ THE BODY: A CLASS TO GUIDE STUDENTS AND TEACHERS

TYPE: CHIT VISNU MIDDLING

Gurujī can tell if someone has disease, pain, even mental problems by the way they stand and move. This class will show how to look at the body and to identify imbalances, sources of pain or discomfort, and offer guidance in their correction. The main focus will be on building awareness by feeling and observing our own bodies and looking at others, come prepared to do only a few postures. Not suitable for beginners.

291 7:00 PM 9:00 PM ROS BELL

TEACHERS INSIDE OUT—MAKING OUR

UNDERSTANDING EXPLICIT

TYPE: CHIT SIVA INTENSE

This is a session for yoga teachers and trainee teachers, exploring how we reach inside to our experience and find ways of making our knowledge of yoga explicit. Our understanding is rooted in our practice and in what we have learned from our lineage of teachers, but how do we pass this on to the people who come to try and learn from us? In this session, we will aim to clarify and make explicit more of the tacit knowledge that we have about yoga. Trainee teachers particularly welcome. This session will include action as well as talk.

293 7:00 PM 9:00 PM RAMANAND PATEL

ASANA PRACTICE BASED ON SUPTA

PADANGUSTASANA SERIES TO YOGA

NIDRASANA—NADIS

TYPE: CHIT VISNU MILD

The location of the fourteen major nadis will be examined in relation to their effects beyond the physical and organic approaches to asana practice, leading from active effort of organs of action (karmendriyas) into receptive action of breath as divine sanction. Students in this class will be expected to be familiar with basic approach to standing poses and back bends. They will be expected to hold standing poses for about two to three minutes and be able to push up into urdhva dhanurasana. The class is not suitable for those needing therapeutic work.

290 7:00 PM 9:30 PM JW PISANO

A TASTE OF TRANQUILITY: SHANTARASA—

RESTING ASANAS

TYPE: SAT VISNU MIDDLING

The tranquil taste of resting asanas, quieting agitation into the background of silence. NOT SUITABLE for remedial or menstruating students. Please bring a bandage.

295 7:00 PM 9:30 PM CATHY ROGERS

A CLASS ON HOW TO SAFELY GET TO PADMASANA

TYPE: CHIT SIVA MIDDLING

If you need to get to Padmasana without hurting yourself this class is definitely for you. You will discover how to sequence your asanas to allow yourself to gain the movement required for this advanced asana, which can be a real challenge for westerners perhaps due to our lifestyle of chairs and car seats.

294 7:30 PM 9:00 PM HS ARUN

IN THE BEGINNING WAS THE "WORD"

TYPE: ANANDA BRAHMA MILD

Exploring the sacred touchstone of AUM. This session is open to all.

296 7:30 PM 9:30 PM ANNEMIEKE POST

GROWING WITH YOGA

TYPE: SAT VISNU MILD

Annemieke will use her keen expertise and sharp but gentle eye to help participants bring a shine and a polish to their practice. She will highlight the importance of a strong but stable foundation. Participants will leave this class with a renewed enthusiasm for their yoga studies, practical and theoretical.

WEDNESDAY JULY 11 • EARLY MORNING

303 7:00 AM 8:30 AM JOHN LEEBOLD

PRANAYAMA AND SAVASANA

TYPE: SAT BRAHMA MIDDLING

This class will progress from basic reclining pranayama to sitting pranayama to the internalizing and restoring that comes with deep Savasana. The class will look at correct sitting, and will bring the techniques learned in supported pranayama to bear on the sitting pranayama. In particular, John will share with participants some of

the techniques and insights he was fortunate to learn in Gurujī's Pranayama Intensive of 1995. Two years of regular practice recommended.

301 7:30 AM 9:30 AM JUDI SOFFA
LOOKING AFTER YOUR HIPS IN THE STANDINGS POSES—FOCUSING ON THE ALIGNMENT OF THE FEMUR HEADS AND THE PELVIS
 TYPE: SAT BRAHMA MILD

Five basic standing poses and some supine and seated work with the principles of the alignment of the legs and pelvis explained in depth. Suitable for anyone interested in the basic principles of the standing poses; but also for the 40-year plus age group who want to learn to look after their hips.

302 7:30 AM 9:30 AM CATHY ROGERS
THE TECHNIQUES OF TEACHING AS GIVEN TO US BY BKS IYENGAR—A CLASS FOR TEACHERS
 TYPE: CHIT SIVA INTENSE

This class is open to teachers, trainee teachers and anyone who is thinking of joining a training class to teach in the near future. The class will cover aspects such as principles of demonstration; how to demonstrate for maximum effect; how to teach beginners; principles of instruction; how to use verbal instructions clearly and for the greatest effectiveness; which words to use; considering and assessing the response from the students; etc. It will also look at sequencing. This class will take the form of discussion, role play, some practical applications.

304 7:30 AM 9:30 AM JZ VAN RENSBURG
SUCCESSFUL SEQUENCING: ALIGNING BODY, MIND AND SPIRIT
 TYPE: CHIT VISNU MIDDLING

In this class, Joyce, one of BKS Iyengar's oldest students, will share her recollection of a class in Pune which was for her a deeply transformative experience. She will take us through the sequence performed there, under BKS Iyengar's watchful eye, and allow us to revisit with her those elements of the class which so amazed and inspired her teaching and personal practice. She allows us to experience, through her, the mastery and brilliance of BKS Iyengar's teaching in those early years, and offers us a sequence of poses which she considers to be a *classic*.

311 7:30 AM 9:30 AM PAT DEACON
BACKBENDS WITHOUT TEARS
 TYPE: SAT BRAHMA MIDDLING

A class that shows how to achieve backbends with the correct action and sequence to provide joy. Particularly for those beginning in the asanas.

309 8:00 AM 10:00 AM LAURENCE O'TOOLE
THE PIVOTAL PELVIS
 TYPE: SAT VISNU MIDDLING

The class is designed to explore the pelvic region and the interrelationship between the groins and hip and the corresponding relationship between the sacrum and pubic bone. The class will be composed of standing poses, inversions with variations and seated poses. Participants should have good solid understanding of basic postures.

WEDNESDAY JULY 11 • MID MORNING

330 10:00 AM 12:00 PM ANNEMIEKE POST
NAVIGATING YOUR WAY THROUGH LIFE
 TYPE: SAT VISNU MIDDLING

Annemieke will lead a class to show you how *the same old poses*, even though we might do them over and over again, can be the beginning of a brave new life if we can find a way to engage with them freshly every time.

327 10:00 AM 12:30 PM FELICITY GREEN
BEGINNING PRANAYAMA (PART 1 OF A 2-PART SERIES)

TYPE: SAT BRAHMA MILD

For students who wish to start a pranayama practice, or who have tried and failed to maintain it. Students need to have practiced Asana for at least 4 years. We will work on understanding Ujjayi Inhalation (and possibly also Inhalation Viloma). See class 434 on page 18.

329 10:00 AM 12:30 PM JUNE W PISANO
THE WESTERN GATE: PASCHIMADHVARA—FORWARD BENDING ASANAS

TYPE: SAT VISNU MIDDLING

An exploration of the forward bending asanas. Please Note: A requirement of 8 min. sirsasana & 10 min. sarvangasana. NOT SUITABLE for remedial or menstruating students.

328 10:30 AM 12:00 PM JH LASATER
SURRENDER TO THE SELF: PRACTICING FORWARD
 TYPE: SAT BRAHMA MIDDLING

Forward bends are limited by more than just your hamstrings. We will practice poses to prepare the lower body for forward folds and then practice them with lightness and ease.

326 10:30 AM 12:30 PM HS ARUN
STRETCHING THE LIMIT
 TYPE: SAT VISNU INTENSE

A seamless expansion from Supta Padangustasana to Utthita Trivikramasana.

332 10:30 AM 1:00 PM RAMANAND PATEL
ASANA PRACTICE BASED ON BADDHAKONASANA AND VIRASANA—AN ORGANIC APPROACH
 TYPE: SAT VISNU MIDDLING

The basic effect of these poses on the organic system of the body will be examined. The approach will facilitate a gradual deepening of the practice from physical (musculo-skeletal and bone work) into organic mode for the benefit of pelvic and abdominal organs. Simpler version of pelvic floor work will be introduced. These principles will be applied to standing poses in supine modes.

WEDNESDAY JULY 11 • AFTERNOON

352 3:30 PM 5:30 PM MAXINE TOBLAS
GOOD TECHNIQUE FOR A GOOD PRACTICE
 TYPE: SAT BRAHMA INTENSE

Correct technique is the foundation for a healthy practice, from standing to the bending backwards of the spine. Become flexible mentally, not just physically ... and enjoy an exhilarating practice. No complete beginners, please.

346 3:30 PM 6:00 PM CATHY ROGERS
EXHILARATING STANDING ASANAS AND REJUVENATING INVERSIONS
 TYPE: SAT BRAHMA INTENSE

This class will enable you to consolidate your standing asanas in preparation for a stable practice of inverted asanas with variations. We will look at how the energy moves in the standing asanas—where it moves, where it stagnates, how we can *be everywhere* in the posture and learn how to move from the periphery to the core. We will connect the actions in the standing asanas to the actions in the inverted asanas while working on the stability and the mobility of the asanas.

350 4:00 PM 5:30 PM JH LASATER
PRANAYAMA PRACTICE FOR EXPERIENCED STUDENTS

TYPE: SAT BRAHMA MIDDLING

Contrary to popular belief, pranayama is NOT about breathing more, but about learning to breathe less without strain. Learning to quiet the breath is tantamount to quieting the mind. In this class we will

practice a couple of asanas to prepare the body, and then focus on the pranayama, both lying and sitting.

345 4:00 PM 6:00 PM AGNES MINEUR
TWISTS: HOW TO START, AND HOW TO GO WITHIN
 TYPE: SAT BRAHMA MILD

Agnes will expertly instruct participants on the best ways to prepare for the experience of moving their bodies into twists. In particular, she will show students with both verbal and non-verbal corrections and instructions, how they can first balance in an equilibrium of mind and body, and then begin to go deeper internally in standing, sitting, and lying down twisting asanas.

347 4:00 PM 6:00 PM JOHN LEEBOLD
STANDING POSES AND THE RELATIONSHIP TO INVERSIONS AND BASIC BACKBENDS
 TYPE: SAT BRAHMA MIDDLING

"Before we learn to stand on our head let us first be stable and grounded on our feet," is a famous Maxim of BKS Iyengar. This makes sense both psychologically and biomechanically. This class will explore the crown of the head and the crown of the feet and the important links that exist in balancing these two inner dynamics. Two years of regular practice recommended, including practicing inversions and backbends.

348 4:00 PM 6:00 PM HS ARUN
INVERSIONS: FINDING A NEW BALANCE
 TYPE: SAT BRAHMA INTENSE

A series of poses in sirsasana and sarvangasana.

351 4:00 PM 6:00 PM J VAN RENSBURG
THE THREE A'S: ALIGNMENT, AWARENESS AND ADAPTABILITY
 TYPE: SAT VISNU MIDDLING

In this class Joyce will share sequences personally received from BKS Iyengar in Pune. Her emphasis will be how to bring complete awareness to the performance of some of the foundational asanas, focusing particularly on the detailed placement of arms/hands and legs/feet. She will show us how to improve greatly our flexibility and performance by using traditional Iyengar props. We will leave with not only clearer ideas of how to, but also the confidence actually to go ahead and adapt our bodies to the requirements of the poses irrespective of the perceived difficulty levels of the actual asanas.

371 4:00 PM 6:00 PM M RAWLINSON
THE ART OF SEQUENCING: HIPS AND GROINS
 TYPE: SAT VISNU MIDDLING

Exploring how we can, through intelligent sequencing of asanas, discover new insights and awareness and create greater openings which can lead on to attempting the more difficult of poses with ease and grace. This class will lead in to a practice of twisting and revolving asanas. No absolute beginners, please.

WEDNESDAY JULY 11 • EARLY EVENING

394 6:30 PM 9:00 PM CHRISTIAN PISANO
FOUNDATIONS OF PRACTICE
 TYPE: SAT BRAHMA MILD

Basic principles of alignment. Please Note: Participants should have a minimum of 6 months of regular practice. NOT SUITABLE for remedial or menstruating students.

396 6:30 PM 9:00 PM ALAN GOODE
THE KOSAS: FOCUS ON FORWARD BENDS
 TYPE: SAT VISNU: MIDDLING

Exploring the sheaths of experience within asana. Class is not intended for beginners to yoga; and a firm foundation in Iyengar yoga is advised. More details under class code 169 on page 14.

IYENGAR INTENSIVES

376 6:30 PM 9:30 PM *RAMANAND PATEL*
ASANA PRACTICE BASED ON BADDHAKONASANA
AND VIRASANA—A PRANIC APPROACH

TYPE: ANANDA SIVA INTENSE

This class will be devoted to forward bends, intense twists and inversions. The approach taken will be to seek safe penetration from physical to organic to pran-ic work in asana practice. Students will be expected to be familiar with organic approach to forward bends and twists. They will be expected to hold these poses for up to 30 minutes. The class is not suitable for those needing therapeutic work.

395 7:00 PM 9:00 PM *JUNE W PISANO*
THE SACRIFICE OF THE BREATH: PRANA AGNI
HOTRA—SIMPLE PRANAYAMA TECHNIQUES

TYPE: SAT BRAHMA MILD

A simple exploration of our breath matrixes, using Ujjayi and Viloma techniques. Please Note: Familiarity with inversions plus minimum 1 year regular yoga practice required. NOT SUITABLE for remedial or menstruating students.

399 7:00 PM 9:00 PM *ROS BELL*
INNOVATION AND RESOURCES MANAGEMENT:
YOGA FOR AN MBA

TYPE: ANANDA SIVA MILD

In this session, yoga practitioners can find out more about management and creativity; business people can find out how the practice and the principles of yoga fit into the world of management and organizational life. A large part of this session will be talk and discussion, with some practice.

389 7:30 PM 9:30 PM *JUDI SOFFA*
STRENGTH AND STABILITY FOR INVERSIONS

TYPE: SAT VISNU MIDDLING

Preparation for inversions—direction of arms, shoulders, spine, etc., building up to the practice of sirsana and sarvangasana and also to include hand balance and elbow balance (preparatory or full poses). Please Note: Not for beginners. Not suitable for menstruating women or people with neck problems, high blood pressure, heart problems, osteoporosis, eye or ear problems.

392 7:30 PM 9:30 PM *PAT DEACON*
PREPARATION FOR ACHIEVING BAKASANA

TYPE: SAT VISNU MIDDLING

This class will show a way to prepare the body to achieve Bakasana. It requires the student to be capable of an independent Sirsasana.

393 7:30 PM 9:30 PM *M RAWLINSON*
THE ART OF SEQUENCING: FORWARD BENDS

TYPE: SAT VISNU MIDDLING

Exploring how we can, through intelligent sequencing of asanas, discover new insights and awareness and create greater openings which can lead on to attempting the more difficult of poses with ease and grace. This class will lead in to a practice of forward bends. Please Note: No absolute beginners please.

397 7:30 PM 9:30 PM *LAURENCE O'TOOLE*
TWIST WITHOUT THE SHOUT!

TYPE: SAT VISNU MIDDLING

This is a general class on twists with a light-hearted yet serious note.

KEY TO CLASS TYPES & LEVELS

SAT — Asana & Pranayama

CHIT — Special Teachings & Insights

ANANDA — Particular Interests

BRAHMA FOUNDATION — Recommended for All Levels

VISNU PRACTICE — Iyengar Experience Recommended

SIVA PRINCIPLES — Recommended for All Teachers

MILD — Beginning or Students with Restrictions

MIDDLING — Intermediate Class Level

INTENSE — Advanced Class Level

THURSDAY JULY 12 • EARLY MORNING

401 7:00 AM 9:30 AM *CHRISTIAN PISANO*
PRACTICE OF RESORPTION

TYPE: SAT VISNU MIDDLING

Here we will see how asana and specific groups of asana help us understand how their background is space and this comes naturally from our intuition of quietude (Shantarasana). Please Note: 10 min. Sirsasana, sarvangasana. Urdhva dhanurasana from floor and with arms straight. NOT SUITABLE for remedial or menstruating students.

402 7:00 AM 9:30 AM *ALAN GOODE*
USING FOCAL POINTS: FOCUS ON BACKBENDS

TYPE: SAT VISNU INTENSE

Use of focal points in asana practice to observe mental and emotional fluctuations. Class is not intended for beginners to yoga; and a firm foundation in Iyengar yoga is required. More details under class code 169 on page 14.

407 8:00 AM 9:30 AM *MONICA HAAR*
THE PLEASURE OF TWISTS AND BACKBENDS

TYPE: SAT VISNU MIDDLING

Working to increase depth, fluidity and grace in twisting and back bending poses. Participants should be able to push up from the floor with relative ease into urdhva dhanurasana. They should also try to hold sirsasana for 5 minutes and be able to hold a steady salamba sarvangasana and be ready to work on the variations.

403 8:00 AM 10:00 AM *ROS BELL*
BASICS, BASIS AND BASES

TYPE: SAT BRAHMA MIDDLING

Although there is a rich variety of asanas in Iyengar yoga, even at introductory level, there are several basic principles to be found, that different asanas have in common. Embedding these principles in your practice gives a strong basis for developing your understanding, for learning new postures and even for extending your yoga practice beyond the asana room. One such principle is the importance of the base in each pose, so we will direct attention to the physical foundation of each asana, the roots of the pose. Steadiness and stability in the base gives the opportunity to enjoy freedom above. Please Note: For those who are familiar with Iyengar yoga practice and prepared to work firmly.

404 8:00 AM 10:00 AM *ANNEMIEKE POST*
YOGA FOR LIFE

TYPE: SAT BRAHMA MILD

As a yogi and yoga teacher who raised five children and maintained a full-time practice, Annemieke has a good understanding of yoga and the role it can play in daily life. Her class will be a fun experience that aims to provide participants with a good foundation for a daily practice grounded in the real world—both on and off the mat.

410 8:00 AM 10:00 AM *J Z VAN RENSBURG*
EXTENDING THE EXTENSION: THE EFFECTIVE USE
OF BELTS IN ASANA PRACTICE

TYPE: SAT VISNU MIDDLING

In this class Joyce will take some of the most familiar of asanas and make them fresh and new by re-examining their effects if we use belts around various parts. She will also discuss at length the importance of including Supta Padangustasana in our daily practice. She will remind us why the actions of this pose appears in no less than sixty percent of all the poses presented in B K S Iyengar's *Light on Yoga*.

THURSDAY JULY 12 • MID MORNING

405 9:00 AM 11:00 AM *HS ARUN*
UNTWISTING THE TWIST

TYPE: SAT BRAHMA MIDDLING

A revolutionary approach to revolved poses.

406 9:00 AM 12:00 PM *CATHY ROGERS*
THE MANY USES OF "THE PUNE HORSE"

TYPE: CHIT SIVA MIDDLING

This piece of unique equipment was shown by BKS Iyengar in Estes Park Colorado in 2005 to be one of the best ways to improve our own practice. Guruji started with how to improve our Tadasana by standing facing the horse and carried on from there. Let's take the cover off the catalogue of uses of Guruji's amazing invention and explore its many uses.

430 10:00 AM 12:30 PM *JUNE W PISANO*
ACTIVE INVERSIONS: VIPARITA KARANI KRIYA—
INVERTED ASANAS

TYPE: SAT SIVA INTENSE

Active inverted asanas. An exploration of the pelvic, thoracic and vocal diaphragms. NOT SUITABLE for remedial or menstruating students.

431 10:30 AM 12:30 PM *M RAWLINSON*
THE ART OF SEQUENCING: REVOLVED AND

TWISTING POSES

TYPE: SAT VISNU MIDDLING

Exploring how we can, through intelligent sequencing of asanas, discover new insights and awareness and create greater openings which can lead on to attempting the more difficult of poses with ease and grace. This class will lead in to a practice of twisting and revolving asanas. No absolute beginners, please.

433 10:30 AM 12:30 PM *LAURENCE O'TOOLE*
REPOSE IN POSE: MUSIC OR CACOPHONY?

TYPE: SAT SIVA MIDDLING

BKS Iyengar has often stated that the practice of asana is a meditation in action, and talked of *repose in pose*. This class is aimed to contrast different approaches to a set of postures and comparing the roles that the body, breath and mind play in orchestrating the posture. Participants should have good solid understanding of basic postures; and up to 10 minute sirsasana/sarvangasana.

434 10:30 AM 12:30 PM *FELICITY GREEN*
BEGINNING PRANAYAMA

(PART II OF A 2-PART SERIES)

TYPE: SAT BRAHMA MILD

For students who wish to start a pranayama practice, or who have tried and failed to maintain it. Students need to have practiced Asana for at least 4 years. Pranayama II will review inhalation and then continue on to examine Ujjayi Exhalation. Please Note: It is not possible to attend Part II without previously having attended Part I. See class 327 on page 17.

432 10:30 AM 1:00 PM *RAMANAND PATEL*
ASANA PRACTICE BASED ON SUPTA

PADANGUSTASANA SERIES TO YOGA

NIDRASANA—AN ORGANIC APPROACH

TYPE: SAT VISNU MIDDLING

The deeper effect of these poses on the organic system of the body will be examined. The approach will facilitate a further deepening of the practice from physical (musculo-skeletal and bone work) into organic mode for the benefit of pelvic and abdominal organs. An in depth version of pelvic floor work will be established as a precursor to mula bandha. These principles will be applied to lateral twists in supine modes.

THURSDAY JULY 12 • AFTERNOON

445 3:30 PM 5:00 PM *JOHN LEEBOLD*
INVERSIONS AND PRANAYAMA
TYPE: SAT SIVA MIDDLING

The importance of the inner balance of the mind and the attention required for Inversions and the psycho/physiological bearing of fundamental inversions promote a pranic flow for pranayama. The sequencing and breath awareness within the balances will be explored in basic Ujjayi and Viloma pranayama. Two years of regular practice recommended, including inversion and backbends.

446 4:00 PM 6:00 PM *PAT DEACON*
HIP AND KNEE PROBLEMS: SOME SOLUTIONS
TYPE: CHIT BRAHMA MIDDLING

A remedial class. This class explores aspects of hip movement together with the related effects on the knees and damage caused offering some solutions through the use of Iyengar yoga.

450 4:00 PM 6:00 PM *CATHY ROGERS*
KEEP THE CONTENTS IN THE CONTAINER
TYPE: CHIT BRAHMA MILD

"...the body is a vessel..." How many times have we heard BKS Iyengar say these words? In *Light on Life* Guruji tells us that we lose energy every time that we are jealous of others' happiness or good fortune. He tells us that to share in the happiness of others is to share in the wealth or happiness of the universe. How do these concepts work? Do we really understand what he is trying to teach us? This class will be in the form of a structured debate supported with some practical participation.

451 4:00 PM 6:00 PM *AGNES MINUER*
HEADSTAND, SHOULDER STAND, AND VARIATIONS:
AN ANTIDOTE TO EXHAUSTION
TYPE: SAT BRAHMA MILD

Agnes will guide students in how to prepare for inversions and how to listen to their bodies in these poses, because these asanas can cause injury if done wrong—but are health-giving and bring deep contentment when done correctly. She will then teach savasana so that students will have the experience of extending this relaxation. Agnes will show students how to manipulate and precisely place hands and fingers upon each other's heads to organically attain an even deeper state of rest and composure.

452 4:00 PM 6:00 PM *MAXINE TOBLAS*
BACKBENDS: THE ELIXIR OF YOUTH
TYPE: SAT VISNU INTENSE

This class will focus on simple backbends as the module for advanced backbends. No complete beginners.

453 4:00 PM 6:00 PM *J Z VAN RENSBURG*
A JOURNEY OF DISCOVERY: POSES AND THE SELF
TYPE: SAT VISNU MIDDLING

As regular students of yoga we become very familiar with a number of the asanas and practice them frequently. They become such "good friends" that we tend to think that we know all there is to know about them and in particular their physical, mental and spiritual effects. In this class, we will practice a number of familiar poses, in a variety of ways and make careful, detailed observations of how our bodies, minds and spirits respond.

471 4:00 PM 6:00 PM *HS ARUN*
HEYAM DUHKHAM ANAGATAM
TYPE: CHIT SIVA INTENSE

Preventing injury and pain in practice and teaching.

477 5:00 PM 7:00 PM *LAURENCE O'TOOLE*
INTROSPECTIVE REFLECTION IN FORWARD BENDS
TYPE: SAT SIVA MIDDLING

An exploration of forward movements from the extension in the legs and how that reflects in the back, to the integration of the breath in non-violent action, especially with regards to those of a stiffer disposition.

470 5:30 PM 7:30 PM *ANNEMIEKE POST*
REACHING YOUR GOALS
TYPE: SAT BRAHMA MIDDLING

Mastering the art of structuring a yoga practice to help get you where you need to be. Annemieke will challenge you to go beyond what you had previously thought possible, and give you the tools to get there.

THURSDAY JULY 12 • EARLY EVENING

469 6:30 PM 8:30 PM *ROS BELL*
TWISTS, HIPS AND ARM BALANCES
TYPE: SAT VISNU MIDDLING

This session will include twisting asanas and asanas that work on both mobility and stability of the hips. We will also do some arm balances, and find out about the synergies between these challenging postures and the twists and balances.

409 6:30 PM 9:00 PM *ALAN GOODE*
KRIYA YOGA: FOCUS ON TWISTS
TYPE: SAT VISNU MIDDLING

Using the principles of Kriya yoga to define twisting poses. Class is not intended for beginners to yoga; and a firm foundation in Iyengar yoga is well-advised. More details under class code 169 on page 14.

476 6:30 PM 9:30 PM *RAMNAND PATEL*
ASANA PRACTICE BASED ON PADANGUSTASANA
SERIES TO YOGA NIDRASANA—A PRANIC
APPROACH
TYPE: ANANDA SIVA INTENSE

This class will be devoted to back bends, intense twists, arm balances and inversions. The approach taken will be to seek safe penetration from physical to organic to pranic work in asana practice. Please Note: Students in this class will be expected to be familiar with organic approach to back bends and twists. They will be expected to hold these poses for up to 30 minutes. The class is not suitable for those needing therapeutic work

489 7:00 PM 9:00 PM *JUDI SOFFA*
YOGA PRACTICE AND THE MENSTRUAL CYCLE
TYPE: SAT BRAHMA MILD

Guidance on yoga practice throughout the menstrual cycle and during menstruation. A supine, seated and forward bend practice will be conducted.

490 8:00 PM 9:00 PM *LAURENCE O'TOOLE*
BROTHER DONKEY AND THE BODILY SHRINE
TYPE: ANANDA SIVA MILD

Saint Francis had one; BKS Iyengar has one; and if you are reading this then you definitely have one, too. *Brother Donkey and the Bodily Shrine* is a wonderful Divine story.

495 8:00 PM 9:30 PM *MONICA HAAR*
PRANAYAMA: RESTORATIVE AND RECLINED, UJJAYI
AND VILOMA
TYPE: SAT VISNU MIDDLING

Exploring further into these practices that enhance the flow and rhythm of life.

FRIDAY JULY 13 • EARLY MORNING

512 7:00 AM 8:30 AM *ANNEMIEKE POST*
PRANAYAMA: BUILDING THE FOUNDATIONS FOR A
STEADY BREATH
TYPE: SAT VISNU MILD

In this class we will begin with a few postures to create a deep and quiet steadiness in the body that will then allow us to explore the energy we use to live more fully. That energy then in its turn returns to the body and makes us richer, deeper, and quieter—but also somehow more energized.

510 7:00 AM 9:00 AM *HS ARUN*
ALL ASANAS LEAD TO TADASANA
TYPE: SAT BRAHMA MIDDLING

Understanding tadasana as the ultimate expression.

511 7:00 AM 9:00 AM *CATHY ROGERS*
HOW NOT TO OVERWORK ONE PART AND
UNDERWORK ANOTHER
TYPE: SAT SIVA MIDDLING

A class to connect all of the threads and to learn how to use each and every part equally. You will have time to improve your skills of observation—an essential prerequisite for the good teaching of Iyengar Yoga.

513 7:00 AM 9:00 AM *FELICITY GREEN*
INTENSE SUPPORTED BACKBENDS
TYPE: SAT VISNU MIDDLING

This is a class for students with at least 2 years experience in Iyengar yoga. It is suitable for advanced beginning students, menopausal women, older students. The support of the chair allows advanced students to deepen their backbends and gives them time to explore them more deeply because of the ability to stay longer in the pose.

514 7:00 AM 9:00 AM *ALAN GOODE*
SAMYAMA: FOCUS ON INVERSIONS AND BALANCINGS
TYPE: SAT VISNU INTENSE

Examining the influence of types of concentration on the practice of inversions. This class is not intended for beginners to yoga; and a firm foundation in Iyengar yoga is required. More details under class code 169 on page 14.

515 7:00 AM 9:00 AM *JOHN LEEBOLD*
INVERSIONS AND VARIATIONS IN RELATION TO
SUPTA PADANGUSTHASANA
TYPE: SAT VISNU MIDDLING

Inversions demand that the mind be constantly present, stable and clear. In this class Sirsasana and Sarvangasana will be taught highlighting the awareness needed to establish and coordinate the various limb actions that must establish the inner poise, balance, plus stability and clarity that these poses request of the attention. Students should have a minimum of two years of Iyengar Yoga.

516 7:00 AM 9:00 AM *M RAWLINSON*
THE ART OF SEQUENCING: BACKBENDS
TYPE: SAT VISNU MIDDLING

Exploring how we can, through intelligent sequencing of asanas, discover new insights and awareness and create greater openings which can lead on to attempting the more difficult of poses with ease and grace. This class will lead in to a practice of backbends. No absolute beginners please.

517 7:00 AM 9:00 AM *AGNES MINUER*
ACTION AND REACTION FOR THE LOWER BODY:
ASANAS TO PRACTICE EVERY DAY
TYPE: SAT BRAHMA MILD

Agnes shows students which asanas to practice to strengthen abdominal muscles and prevent or alleviate lower back pain. Lower back pain is a common problem for many people, and Agnes will teach students not only how to help themselves be free from pain, but how to help others who also suffer from this how to reduce or eradicate such problems.