

YOGA NORTH

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YOGA NORTH is a centrally-located, nationally-recognized Iyengar Yoga Centre. We offer a range of classes six days per week, from beginner level, through intermediate and advanced, as well as some specialized classes (e.g. seniors; basics/restorative).

What is Iyengar Yoga ?

BKS Iyengar is the world's foremost authority on the yoga postures (asanas) and yoga breathing (pranayama). He is the author of *Light on Yoga*, *Yoga – A Path to Holistic Health*, and most recently, *Light on Life*.

In a typical Iyengar Yoga class at Yoga North, you will

- learn the postures in a progressive and detailed manner
- develop stability and strength as well as flexibility
- improve postural alignment
- learn deep relaxation
- improve mental concentration
- enhance body awareness

As you progress, you will find that Iyengar Yoga spans the continuum of practice from the most gently meditative and relaxing postures, through varying degrees of intensity, to a vigorous practice.

Iyengar Yoga has a practice for everyone. It is the yoga method for students who want an effective, safe, physical discipline that has not lost its ancient roots or spiritual dimension.

Our teachers are nationally certified or are training to become certified. All are members of the *Iyengar Yoga Association of Canada* (IYAC) and our *Teacher Training Program* enables participants to become certified Iyengar teachers through IYAC. We can help you make informed decisions about beginning your yoga experience.

About starting Iyengar yoga classes

If you are new to Iyengar yoga, you must take at least one Level 1 class series, or enroll in a *Basics/Restorative*, or *Seniors* class. These classes are designed to provide you with a basic foundation in Iyengar yoga in a logical, progressive manner.

Many students choose to repeat the Level 1 series two or three times before moving to Level 2, because they find that repetition ensures confidence with these important foundation poses.

We have a variety of available class times for beginning students. Most people will enroll for 10 classes in 10 weeks at a cost of \$130.

Complimentary Class

If you're a new student to Yoga North, you can start any time and take the first class free.

Personal concerns about taking yoga?

- **Consult with your doctor** if you have some doubts about taking yoga.
- **Talk with one of the Yoga North teachers** about whether Iyengar Yoga is right for you. Give us a call at 204.779.6895.
- **Inform us of any injuries or medical problems** that could interfere with your yoga practice.

Tips for beginning well

- **Wear footless tights or shorts** that end above the knee.
- **Wear a T-shirt** or other light top.
- **Take along a sweatshirt** or other warm top to help you stay warm until class begins.
- **Try not eat for two hours before class.** You'll be more comfortable.
- **Bring your own mat or use a studio mat.** You may wish to purchase a quality mat at our [Yoga Shop](#).
- **Come early and relax.** Many students come a few minutes early and settle their mind and body before beginning class.
- **Take your shoes off at the door.** We want to keep our floors clean for all our barefoot yogis. And taking your shoes off will help you get your mind ready for your yoga experience.
- **Use our change rooms.** We have men's and women's change rooms where you can get out of your street clothes and into your yoga clothes.
- **Props are provided.** Iyengar Yoga uses props such as foam blocks, wood blocks, blankets, straps, and chairs to introduce you to yoga poses. All the props are available in the classroom.
- **Your teacher will help you get started.** All our teachers are trained to help you get started safely.