

Summer Classes



inward bound
yoga

Offered from August 9th - September 11th, 2010

Stay in touch with your yoga practice during our regular class 'break month'. The classes below are offered as drop-ins, so you can come and go as your schedule allows. (Sorry, no summer session make-ups or carryover classes.)

Wednesdays

7:30am-8:30am, Wake-up Yoga with Janine

Start your day with this invigorating flow series, linking sun salutations and standing postures. This series is coordinated with music and allows time for inversions/restoratives. For experienced students. Drop-in fee \$10.00

6:00pm-7:00pm, Yoga for all levels with Martha

A balanced class of warm-up postures, sun salutes, standing poses, and return to the floor with time for inversions/restoratives. Open to all levels. Drop-in fee \$10.00 (This class will not meet on Wednesday, Sept 8th)

Thursdays – 5:30pm-7:15pm, Postures to Sacred Music with Aileen

This class integrates posture sequences with contemporary and classical chants from world spiritual traditions. A full range of yoga poses, all coordinated to uplifting chants, provides an invigorating yet soothing experience. For experienced students. Drop-in fee \$12.00

Fridays – 7:30am-8:30am, Wake-up Yoga with Roddy

A great start to your day, this moderately-paced class includes moon salutations, sun salutations, and a full range of postures coordinated to music. Drop-in fee \$10.00

Saturdays – 8:15am-10:00am, Ashtanga Yoga with Jonathan

Fast-paced and friendly, this invigorating class builds strength, stamina, concentration, and community! Join the post-class brunch bunch! For experienced students. Drop-in fee \$10.00

Yoga Just 4 Kids! This camp requires registration, fee: \$100 per session.

This fun, interactive camp encourages children to connect their minds and bodies with their breath. Movement through postures, stories, games and songs, breathing techniques, relaxation and visualizations are all part of their yoga experience. A healthy snack and art project provided each day.

August 9-13 (ages 6-10) – 9:30am-11:30am, Registration required by Aug. 6th
Adele Kieras, instructor ~ call 248-931-0773 or kyogaoftheheart@aol.com

Questions? Email us.
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