



YOGA CLASSES

with **IYENGAR-CERTIFIED** instructor **JEANNE BARKEY**

(612) 824-5211 / jbyoga@bitstream.net / Box 7327, Minneapolis, MN 55407

on the web at

<http://www.yoga-mn.com>

All Welcome!

Students of all ages, body types, sizes, backgrounds, and activity levels may enroll.

Class Description: This form of classical yoga is based on the writings of sage Patanjali 2500 years ago, as taught by living master BKS Iyengar of Pune, India. Postures are taught in specific sequences, designed to reach the multiple layers of the body and self -- muscles, organs, nerves, breath and consciousness. Standing postures are taught, along with seated, inverted (upside down), and lying down asanas. Some postures require active, vigorous work of the body. Supported full relaxation postures are given in each class session. Aids such as mats, blankets, blocks, and pillows help students of various levels, ages, and health situations benefit from yoga practice.

What to Wear and Bring: Wear any comfortable clothes that are not baggy and clean bare feet. Avoid perfumes and scents. Come with an empty stomach.

Addressing Individual Health Needs:

The practice of yoga can aid in many health situations. Some health conditions require special yoga programs, which may be accommodated during general classes. Specific sequences and props are given for persons experiencing high blood pressure, heart problems, other serious conditions, and pregnancy. Call in advance to discuss your individual situation. Also, please inform the instructor at class if you are menstruating or ill.

The Instructor: Jeanne Barkey began her study of Iyengar yoga in 1985 and began teaching in 1989. Since 1996 she has traveled to Pune, India on a yearly basis for direct study with Yogacharya BKS Iyengar, Dr. Geeta Iyengar, and Prashant Iyengar at their Institute. She also continues to train with senior instructors in North America including Kristin Chirhart and Lee Sverkerson locally. She is Iyengar certified at Intermediate Jr. II.

Accessibility: This brochure is available in braille or audiotape format by request. The Powderhorn Phillips Cultural Wellness Center is fully wheelchair accessible.

Pre-Registration is Required for Beginning Classes: Please submit registration form (see below) and payment at least one week before session/month begins.

Further Questions?? Contact Jeanne at 612-824-5211 or jbyoga@bitstream.net

Fees:

\$91/7 week session SPYC for one class per week.

\$52/calendar month Continuing Levels at CWC for one class per week.

Multiple classes: please contact Jeanne for new 2010 multiple class fees

Single class \$16 both locations.

Wellness Center members pay 1/2 of listed fee for classes at the Wellness Center.

* Missed classes can be made up at either location within the class session.

* Call in advance to verify current classes. * No refunds once a class session has begun.

* Inquire about joining a class series that has already begun.

* Discount on 2 or more classes per week. * No carry over of fees between sessions.

* Continuing students may drop in for a single class, if space is available

REGISTRATION for New Students. Continuing students please fill out if any changes.

Send with full fee or \$30 deposit to: Jeanne Barkey, Box 7327, Minneapolis, MN 55407

Name: _____

Address: _____

_____ Zip: _____

Phone: (day) _____ (eve) _____

E-mail address: _____

Class day & time: 1st choice: _____

Class day & time: 2nd choice: _____

HEALTH INFORMATION (Required): Use the back of the form to list and describe your current and past health conditions/problems. List everything even if controlled with medication. The practice of yoga can aid in many health situations. Some conditions require special yoga programs, which may be accommodated during general classes. Even if your condition is being treated by conventional or alternative medicine, indicate if you have:

high blood pressure heart problem back/joint problems chronic disease any surgery
 depression/anxiety/mental health issues headaches/migraines chronic fatigue any other health problems; or are pregnant

Describe the condition(s), use a separate piece of paper if needed:

List all medications you take: