

BIYC Teachers

*are well-trained, caring and dedicated
to helping each student
experience the benefits of Yoga*

David Johnson is an artist/craftsman/student whose personal Yoga practice has helped him integrate truth, beauty and goodness into his life for over 30 years. David has been a BIYC teacher since 1995.

Jan Roberts A former runner, Jan is a 1975 graduate of the first Teacher Training Course at the Iyengar Yoga Institute in San Francisco. She has taught yoga to adults and children for over 25 years on Hawaii Island.

Joanne Murray A student of Yoga for over 20 years, Joanne began taking teacher training in 1996. Her spirit, health and well-being have benefited from her practice, and she seeks to guide and support others on the Yogic path.

Julie Benkofsky-Webb, teaching since 2002, finds that Yoga enhances her roles as massage therapist & teacher of Therapeutic Touch, supporting her explorations in the realm of subtle energies. Her goal is to dance with the mystery, one day at a time.

Reagan Breen has been a joyful and passionate devotee of Iyengar Yoga since 1980. Yoga has given her the tools to sustain her in life. Her dream is to inspire others to discover themselves through the gift of Yoga.

Stephanie Conant had studied Yoga for several years when she attended her first class at BIYC. As a teacher, Steph continues the level of integrity, dedication and support she has experienced, encouraging her students to share with her the many benefits of Yoga.

Our Foundations

Iyengar Yoga is based on the teachings of Indian master BKS Iyengar. It emphasizes precise and careful body alignment, muscular balance, and maximum spinal extension. By using simple props, the Iyengar method helps people of any age or physical condition to practice Yoga safely and derive its benefits. Yoga can enhance athletic performance, ease discomfort from stiff muscles and joints, and reduce the effects of stress.

Purna Yoga is based on the teachings of Sri Aurbindo and The Mother, the Vedas, Patanjali, BKS Iyengar, and the systems of Ayurvedic, Chinese and Western nutrition, synthesized by the personal experience of Aadil Palkhivala and Mirra. *Purna* means "complete," and Purna Yoga distills and integrates the vastness of Yoga into an invaluable set of tools for transformation and healing. *Our schedule may include teachings from other traditions. Your safety remains our highest priority*

Coming Attractions

Janet MacLeod
Certified Iyengar Teacher
May 6-9, 2010



For more information:
Call: 329 YOGA or go to
www.bigislandyoga.com

*Some regular classes may be
cancelled during workshops
Please call to confirm schedule*

Schedule of Classes Winter 2009-2010



Hatha Yoga Classes in the Iyengar Tradition since 1989

*Just as the Big Island is surrounded by
the ocean, BIYC itself is an island
in the midst of our busy lives.*

Join us at our beautiful studio
in Kealahou, ten miles south of
Kailua-Kona, on the makai (ocean) side of
Mamalahoa Highway (Hwy 11)
above Dr. Peebles' office
81-6623 Mamalahoa Highway
across from First Hawaiian Bank.
Look for our sign out front.

For more information call:

329-YOGA
(808.329.9642)

or visit our website:

www.bigislandyoga.com
We are a Hawaii Non-Profit Corporation

Class Descriptions

Level 1: The fundamentals of Iyengar Yoga with emphasis on standing and sitting poses. Most appropriate for those who are new to Yoga, need a refresher course or enjoy a slower paced class.

Level 2: Faster paced than Level 1, for continuing students with a knowledge of the basic poses. Backbends and inversions are introduced.

Level 3: A deeper exploration of poses, including inversions and backbends, for the serious student, with 3 or more years of experience and a home practice.

All-Levels: A multi-level class. Appropriate for beginners—with additional instruction provided for more experienced students.

Stretch & Restore: A gentle class, with focus on mindful stretching and deep relaxation. A portion of each class is devoted to restorative poses. Emphasis is on meeting the needs of each student and giving suggestions for home practice. Instruction is provided for beginners; students of all levels are welcome.

Wall Ropes: For all levels, this class focuses on using our wall rope system, for flexibility, spinal rejuvenation—and fun!

By Donation: Please join us for class, paying the suggested donation of \$5-10 or whatever you can afford.

To Prepare For Class

Wear comfortable, non-restrictive clothing that allows for the knees to be visible. Baggy clothing is not recommended, as the teacher needs to see the body's alignment. Come with clean, bare feet & an empty stomach.

Advise your teacher before class if you have health concerns or injuries & if you are pregnant or menstruating so that alternative poses may be suggested for your safety.

If this is your first visit, please arrive 15 minutes early to register.

Big Island Yoga Center Class Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
MORNING					
8:30– 10:00 <i>Level One</i> Julie	8:30—10:00 <i>Level Two</i> Julie	8:30– 10:00 <i>Level One</i> By Donation Julie	8:30—10:00 <i>Level Two</i> Reagan	8:30-10:30 <i>Level Three</i> Jan	8:30-10:00 <i>Level Two</i> David
10:30—Noon <i>Stretch & Restore</i> Julie		10:30—Noon <i>Stretch & Restore</i> Julie		11:00AM– 12:30-PM <i>Stretch & Restore</i> Jan	10:30– Noon <i>Level One</i> Reagan
AFTERNOON/EVENING					
	3:30—5:00 <i>Level One</i> Stephanie	3:30– 5:00 <i>Level One</i> Reagan		3:30—5:30 <i>All-Levels:</i> Wall Ropes Joanne	
		5:30—7:00 <i>Level Two</i> Joanne	6:30—8:00 <i>All-Levels</i> David	5:30—7:00 <i>Restorative</i> Joanne	

The restorative practice

is about deep physiological and psychological relaxation. Hallmarks of this state are a sense of inner harmony and peacefulness, a revived sense of self-confidence, contentment and stability. *Restorative yoga* quiets the senses and leads us beneath the surface of the restless mind. It brings awareness of the body, the mind and the breath, connecting these aspects of ourselves that become separated through the distractions of our daily lives.

Restorative practice can alleviate stress, fatigue, and insomnia and can promote a sense of well-being.

The last week of every month, our classes emphasize restorative yoga — gentle poses to relax and rejuvenate.

Class Fees

Pass for 1.5 hr classes: Any 4	\$ 50.00
Pass for 1.5 hr classes: Any 8	80.00
Pass for 1.5 hr classes: Any 16	140.00
Friday 2hr Pass: 4 classes	56.00
Friday 2hr Pass: 8 classes	96.00
Drop-In (1-1/2 hour classes)	14.00
Drop-In (Friday 8:30 - 2 hrs)	16.00

Passes are good for a full two months from the date of purchase & are non-transferable

