

## BIYC Teachers

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

### Amanda Griggs

Though previously certified in other styles of Yoga, Amanda finally gained courage to earn an Iyengar Introductory II certification, having studied this method since 2003. She is currently working toward Junior I assessment. Amanda's passion for sharing Yoga ignited in 2008 after completing drug and alcohol treatment and finding profound transformation from starting a daily practice. She is dedicated to inspiring the discovery of the healing power of Yoga within us all. (507) 459-6700 griggsamanda@gmail.com

### Grushenka Wolfgang

Grushenka was introduced to Yoga at BIYC. After attending classes and workshops, she discovered that daily yoga practice produced positive physical and mental changes. She completed a two year Iyengar Yoga teacher training program with Ray Madigan and is currently certified at the Iyengar Introductory I&II level. Grushenka seeks to help others explore the mind/body benefits of Yoga. ghw@hawaii.rr.com

### Joan Hughes

Joan emphasizes alignment and inner focus in her teaching and uses the practice of Yoga to bring balance and stability into her life. She sees Yoga as a perfect tool to draw us into the Present moment. She has completed the 200 hour Purna Yoga Certification course and is currently studying with Senior, Certified Iyengar Instructor, Ray Madigan, in the Iyengar Teacher Training course being offered at BIYC. She also serves on the Board of Directors and is the Treasurer for BIYC. (808) 769-0772

### Joanne Murray

A student of Yoga since 1993, Joanne began taking teacher training with Aadil Palkhivala 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. Joanne is currently studying with Ray Madigan in the Iyengar teacher training. (808) 315-2933.

**Julie Benkofsky-Webb** has been teaching since 2002. She has had several hundred hours of teacher training in traditional alignment-based Yoga with Aadil Palkhivala, including training in therapeutics. She has studied with Iyengar teachers

Janet MacLeod and Ray Madigan and is a certified SATYA instructor through Prajna Yoga. (808) 960-3310

**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. After intense teacher training with Ray Madigan co-director of Iyengar Yoga Honolulu, Reagan earned the certification at the Intro I & II level. (808)896-8956

**Yuki Agoot** first experienced Yoga in 1992. Six years later she began a regular practice which has continued to her completing two 200 hour Purna Yoga™ Teacher Trainings. Yoga supports Yuki with life, and she realizes a deep enjoyment in helping others to discover it. (808) 640-1544

## FREE CLASSES FOR ALL VETERANS THROUGH 2019

Thank you for your service  
For questions: 808.960.3310

## Workshops 2019

### \*Denise Wendler

Stretch & Strengthen  
Spring Workshop  
March 30-April 1

Contact: Reagan 808.896.8956  
reaganmbreen@gmail.com

### \*Janet MacLeod

Deepening Your Practice  
May 18-21

Intensive or single classes  
Contact: Joan 808.769.0772  
jhughes.hwrs@gmail.com

## Schedule of Classes Spring 2019 (March - May)



Teaching traditional  
alignment-based Yoga  
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 the medical office  
**81-6623 Mamalahoa Highway**  
across from First Hawaiian Bank.  
Look for our sign out front.

For more information  
visit our website:

**www.bigislandYoga.com**

We are a Hawaii Non-Profit Corporation

## 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.

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

## Class Descriptions

**Yoga Basics:** Pre-Level 1: Looking for a gentle introduction to Yoga? Hoping to work on the basics? Wanting to be more physically active? Recovering from an injury? This class addresses all these queries. Focus is on keeping the body safe and in alignment along with three fundamental actions of each pose.

**Level 1:** For those new to Yoga. The emphasis is on the basic principles of alignment in poses. The class concentrates on standing postures, though some seated and gentle back bending postures are introduced as well. Shoulder stand or appropriate modification may also be taught.

**Level 1-2:** For anyone who has attended Level 1 for six months. This class provides instruction to deepen the poses learned in Level 1 and can provide a transition for those students preparing for Level 2.

**Level 2:** For those who have attended Level 1 for 12 months or have previous experience. Basic standing postures are refined; more complex standing postures and seated twists, more forward bends, and more backbends are introduced. Continuing instruction in shoulder stand is offered; and headstand or an appropriate substitution will be added.

**All-Levels:** Appropriate for beginners—with additional instruction provided for more experienced students. Basic principles of alignment in all poses are emphasized

**Kupuna Yoga (Level 1):** Designed for the mature body (age 50 & over), with experiences to awaken, restore & rejuvenate body & soul in a safe way for each individual.

**Restorative:** In this practice, poses are supported by props and held for some time, emphasizing sequences to connect body, mind and breath, through sustained relaxation. In addition to our weekly classes, most other classes at the studio offer restoratives at the last class of each month.

**SATYA & Asana:** This class focuses on a combination of Asana and Sensory Awareness Training for Yoga Attunement (SATYA) as created by Tias Little and Prajna Yoga. All the SATYA movements are done on the floor

## Big Island Yoga Center Class Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>MORNING</b>						
8:30-10:00 <i>Purna</i> Yoga Basics Yuki	8:30-10:00 <i>Level 1-2</i> Joan	8:30-10:00 <i>Iyengar</i> Level 1 Amanda		8:30-10:00 <i>Iyengar</i> Level 2 Grushenka	8:30-10:00 <i>Iyengar</i> Level 2 Amanda	<b>FREE CLASS</b> 10:30-Noon <i>Level 1-ONLY</i> 1st Sunday of every month
10:30-Noon <i>Stretch &amp; Restore</i> Julie	10:30-Noon <i>Kupuna</i> Joan	10:30-Noon <i>Stretch &amp; Restore</i> Julie	10:30-Noon <i>Kupuna</i> Joanne	10:30-Noon <i>Iyengar</i> Level 1-2 Reagan	10:30-Noon <i>Iyengar</i> Level 1 Reagan	
<b>AFTERNOON/EVENING</b>						
	12:30-2:00 <i>SATYA &amp; Asana</i> Julie (call to confirm 808-960-3310)					
	3:30-5:00 <i>Iyengar</i> Level 1 Grushenka			3:30-5:00 <i>Wall Ropes</i> Joanne		
	5:30-7:00 <i>Iyengar</i> All Levels Amanda			5:30-7:00 <i>Restorative</i> Joanne		

### LAST WEEK OF THE MONTH: MOST CLASSES ARE A RESTORATIVE PRACTICE.

in a flowing fashion, without force. By listening and feeling, we tap into the bodymind's innate intelligence and capacity to heal. Julie is our certified SATYA teacher. This is not a drop-in class. To register or for more information, please call Julie at 808- 960-3310

**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 and pelvic swings, for flexibility, spinal rejuvenation—and fun!

## Class Fees

<b>Four class pass</b>	<b>\$54.00</b>
<b>Eight class pass</b>	<b>100.00</b>
<b>Sixteen class pass</b>	<b>185.00</b>
<b>Drop-In</b>	<b>15.00</b>
<b>Now accepting major credit cards</b>	

**Passes may be used for a full three months from the date of first attendance.**

**They are non-transferrable.**

**Funds from unused classes are used to support students who need financial aid.**

### 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.

**Purna Yoga** is based on the teaching 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 Savitri. Purna means "complete."