

## Program

**Our 12 Week Fall Session** begins Tuesday, September 5 and continues through Monday, December 4, 2017. No classes November 20-25, 2017

Wear comfortable clothing that can be layered. Bare feet are necessary. All props and equipment provided. **Please do not wear perfume or scented hygiene products.** Email or call Karen with questions or concerns regarding Yoga Focus: (734) 668-7730 or info@yogafocusannarbor.com

Yoga Focus teachers are long time students and teachers of Iyengar Yoga. We value our personal practice, our continuing education with Senior Iyengar teachers and the respect we have for our students. Yoga Focus is a safe, non competitive environment for the study and practice of yoga.

## Special Events & Announcements

**The 24th annual Yoga Focus Potluck is Friday, October 13. Save the date!** Flyer invitations will be available in September at Yoga Focus.

**Manouso Manos is coming to the Ann Arbor Y the weekend of November 10-12, 2017.** Registration is through Yoga Focus and will begin in mid September with information on our website and flyers at the studio. Please join us for these remarkable workshops.

**Please note,** there are no classes the week of Thanksgiving, November 20-25, 2017.

After Fall Session ends, a week of **Donate Your Stretch classes** will be held at **Yoga Focus December 5-11.** Teachers teach for free that week with all the proceeds going to specific local non profits. A flyer with times and teachers available in November. Please join us in this community spirited week.

Sign up on our website [www.yogafocusannarbor.com](http://www.yogafocusannarbor.com) for an **email blast** that comes to you 3-4 times a year announcing specials dates and events. You can sign up on our website and unsubscribe at anytime. Your email address will not be shared.

**Winter session** will begin Monday, January 8, 2018. There will be 2 back to back 6 week sessions that continue through March.



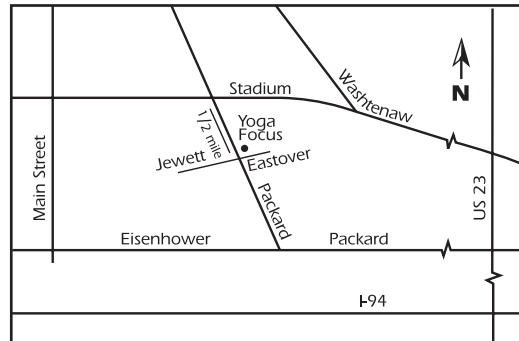
Eastover Professional Center  
1527 Eastover Place, Suite 5  
Ann Arbor, Michigan 48104  
(734) 668-7730

Website: [www.yogafocusannarbor.com](http://www.yogafocusannarbor.com)  
e-mail: [info@yogafocusannarbor.com](mailto:info@yogafocusannarbor.com)

### 12 Week Fall Session:

Tuesday, September 5 -  
Monday, December 4, 2017

No classes November 20-25, 2017



SCHEDULE ONLY MAILED OUT BY REQUEST.

## Welcome to Fall Session

The teachers at Yoga Focus, Marlene McGrath, Alicia Rowe, David Ufer and Karen Lena Ufer include their best wishes for your Fall season. Yoga Focus is a yoga school dedicated to the practice and teaching of yoga in the tradition of Mr. B.K.S. Iyengar. This system of yoga stretches and strengthens the body, the mind, and the spirit. Yoga enhances well being through its effect on muscles, nerves, glands, organs, and circulation. Practice and discipline bring the student toward a state of alertness, health, and peace.

## What is Iyengar Yoga?

The author of Light On Yoga, Yogacharya BKS Iyengar practiced and taught for over 80 years making yoga accessible to everyone regardless of age or ability. Mr. Iyengar created a system of yoga that is safe, methodical and challenging. All students work at their own ability level and teachers are trained to teach to the individual's needs and abilities. This practice creates both an awareness and a compassion that are brought into our daily lives.

**Introduce a Friend to Iyengar Yoga and Yoga Focus,** current students are welcome to invite a friend to a level appropriate class. The class is free for current student and the friend pays \$10 for a trial class. No reservation needed.

# CLASSES

# Schedule

# Registration

## ■ Gentle/Restorative:

A slower paced class with a variety of classical yoga poses taught in a modified, supported way.

## ■ Pre Natal Yoga:

A class for pregnant women experienced or new to yoga. A variety of classical yoga poses will be taught to help with comfort, balance, strength and stress in preparation for the birth experience.

## ■ Open Level:

An open level class is for all levels. Ideally, new beginners should sign up for Level 1. Students will be taught according to their ability level all classes.

## ■ Level 1:

A beginning level class for students new to yoga or new to this approach. Level 1 can be repeated.

## ■ Level 1-2:

Level 1-2 is a mixed level class of continuing and new students. Basic sitting, standing, twisting, and forward bending poses will be taught with an emphasis on strength, alignment, and range of movement.

## ■ Level 2 and Level 2/3:

A class for more experienced students with a working familiarity of basic poses. Emphasis will be on increasing endurance and refining individual corrections. All types of poses will be taught including inversions and backbends.

## ■ Drop In:

Drop ins are welcome in any class including pre natal and gentle/restorative.

**Please note:** These levels are broad definitions. You are always welcome to transfer to a different class during the session. Students work at their own ability level in all classes.

## Monday

Level 2 . . . . . 9:00-10:30 am . . . . . Alicia  
Level 1-2 . . . . . 10:45 am-12:15 pm . . Alicia  
Pre Natal . . . . . 5:45-7:15 pm . . . . . Marlene  
Level 1-2 . . . . . 7:30-9:00 pm . . . . . Marlene

## Tuesday

Level 1-2 . . . . . 9:30-11:00 am . . . . . Marlene  
Level 2 . . . . . 6:00-7:30 pm . . . . . David

## Wednesday

Level 2-3 . . . . . 9:00-10:30 am . . . . . Karen  
Level 1-2 . . . . . 10:45 am-12:15 pm . . Karen  
Level 1 . . . . . 5:45-7:15 pm . . . . . Alicia  
Level 2-3 . . . . . 7:30-9:00 pm . . . . . Alicia

## Thursday

Level 2 . . . . . 9:00-10:30 am . . . . . Karen  
Level 1 . . . . . 10:45 am-12:15 pm . . Marlene  
Gentle/Restorative . . 12:30-2:00 pm . . . . . Marlene  
Level 1-2 . . . . . 5:45-7:15 pm . . . . . Karen  
Pre Natal . . . . . 7:30-9:00 pm . . . . . Marlene

## Friday

Level 1-2 . . . . . 9:30-11:00 am . . . . . Alicia  
Level 2 . . . . . 11:15 am-12:45 pm . . Alicia

## Saturday

Level 1-2 . . . . . 9:30-11:00 am . . . . . David

# Registration

- **Refund requests** need to be made by the end of the second week of classes.
- **Please register early;** some classes fill.
- Limited scholarships are available. Please call Karen at 668-7730.
- **Please complete make ups** for missed Fall classes in the Fall session in any class.
- **Make ups** can only be completed by the registered student.
- Consider your registration confirmed. You will only be called if class is full or cancelled.

1 class per week for 12 weeks . . . . . \$180  
2nd class per week for 12 weeks . . . . . \$165  
Drop in per class . . . . . \$18  
Trial class . . . . . \$10

**Please make your check payable to the teacher** (see listing in Welcome to Fall Session).  
Send check with registration form to:

Yoga Focus  
Eastover Professional Center  
1527 Eastover Place, Suite 5  
Ann Arbor, Michigan 48104  
(734) 668-7730  
Website: www.yogafocusannarbor.com  
email: info@yogafocusannarbor.com

### PLEASE PRINT CLEARLY

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: (work) \_\_\_\_\_  
 (home) \_\_\_\_\_  
 Class: day \_\_\_\_\_  
 time \_\_\_\_\_  
 level \_\_\_\_\_  
 instructor \_\_\_\_\_  
 fee \_\_\_\_\_

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