

## **Home (Practice\*) for the Holidays & Beyond**

@ Iyengar Yoga Institute, 2404 27<sup>th</sup> Avenue (near Taraval)

Saturday, December 12<sup>th</sup>, 1:00 – 4:00 p.m.

\$55.00, Pre-register at [www.iyisf.org](http://www.iyisf.org)

Everybody gets busy during the holidays, rushing around, caught up in the frenzy of travel and family. But what about yoga during this hectic time when you need it the most? Even with the best intentions, our busy lives take over and we miss class, and then another class and the next thing you know it's January and you haven't done yoga for six weeks! Does this scenario sound familiar? Don't let it happen to you. Join Athena for a fun & relaxing afternoon of yoga focusing on postures and sequences to do at home when the season gets the best of you and your practice. Participants will receive handouts of the sequences to assist them in their home practice.

## **New Year's Day Class w/Athena Pappas**

@ Bija Yoga, 1348 9<sup>th</sup> Avenue (near Irving)

10:00 a.m. – Noon, Friday, January 1<sup>st</sup>, 2010

\$25.00

Pre-register at [www.bijayoga.com](http://www.bijayoga.com) or arrive the day of class a few minutes early to register.

Start the year with yoga. Join Athena for a fun, invigorating class. The class will offer an opportunity through our practice to reflect on the past year and set intentions for the year to come. All levels of experience are welcome.

## **Deepening Your Practice in January**

### **A 3-Week Intermediate Series w/Athena Pappas**

@ Bija Yoga, 1348 9<sup>th</sup> Avenue (near Irving)

Class meets Tuesdays and Thursdays from 6:30 – 8:30 p.m.

Course dates 1/12, 1/14, 1/19, 1/21, 1/26, 1/28

Cost is \$195 for 6 classes. Pre-registration is required [www.bijayoga.com](http://www.bijayoga.com)

This series will offer participants the opportunity to learn intermediate postures. Each week will focus on a group of asanas such as twists, backbends, or arm balances. Students will be guided safely from basic poses toward the intermediate postures. The mechanics of getting into these deeper postures will be taught, for example how to open the shoulders or hips. Modifications will be offered when necessary. The course will include pranayama and philosophy.

Students enrolling in this course should be able to do inversions (handstand, headstand, wall o.k.), and be able to push up from the floor into a backbend. If you are unsure of your ability to participate please contact Athena through her website [www.athenayoga.com](http://www.athenayoga.com) or contact Larry at Bija Yoga 415-661-9642.

## **Introduction to Yoga w/ Athena Pappas**

@ Bija Yoga, 1348 9<sup>th</sup> Avenue (near Irving)

2:00 – 4:00 p.m., Sunday, January 24<sup>th</sup>

\$45.00, Pre-register at [www.bijayoga.com](http://www.bijayoga.com)

In this one-day introductory workshop Athena will present a concise overview of the practice of yoga. Students will learn how to do basic yoga postures safely, modifications for those working with injuries will be offered. There will be a short talk about yoga philosophy – it's aims and goals. Participants will also be taught some restorative postures and breathing techniques to promote relaxation and reduce stress.

## **Women's Weekend Yoga Retreat at OZ Farm**

Oz Farm is located near Pt. Arena in Mendocino County

Thursday July 22 – Sunday July 25<sup>th</sup>

Registration information will be available in March at [www.athenayoga.com](http://www.athenayoga.com)