

Yoga with Thea & Steve

Individualized instruction in the Iyengar tradition for all ages and abilities

Class Schedule: Sep 30, 2019 – Jan 2, 2020 (No Classes Nov 28, Dec 24-26 & Jan 1)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		Level 1 – Thea 9:00am – 10:30am	Level 2 – Thea 9:00am – 10:30am
Level 2 – Steve 10:00am – 11:30am	Level 3 – Thea 10:00am – 11:45am		
	Ageless – Thea 12:00pm – 1:00pm		
Introductory – Thea 4:15pm – 5:30pm			
Level 3 – Steve 5:45pm – 7:30pm	Introductory – Steve 5:30pm – 6:45pm	Level 1&2 Mixed – Steve 5:30pm – 7:00pm	

Class Descriptions

Introductory / Level 1 – Suitable for those new to yoga or the Iyengar method of yoga, these classes focus on standing and seated postures, basic inversions (shoulderstand or alternative), and relaxation. Poses learned in this course build strength, stamina, and balance; and develop flexibility in the feet, knees, hips, neck, and shoulders.

Level 2 – Continued study of poses from the previous level. A broader range of poses is covered, including complex standing postures, seated forward bending, and shoulderstand variations. Headstand at the wall is taught.

Level 3 – By permission. For those who would like a deeper understanding of the poses learned in Level 2. Headstand in the center of the room is taught. Arm balances, backbends, twists, and concepts of breath work (*prāṇāyāma*) are introduced. Students at this level should be developing a home practice.

Ageless – A slower-paced class geared toward older students or those with physical limitations.

Pricing

Session (14 weeks)/Single Class: Ageless **\$111/\$10**; Introductory **\$154/\$13**; Levels 1,2 **\$182/\$15**; Level 3 **\$210/\$17**

Fees are non-refundable and non-transferable. No carryover from one session to another. Missed classes may be made up anytime during the session, at your level or below.

Attending Classes

Wear shorts or leggings, and clothing that allows the teacher to clearly see your knees and the alignment of your trunk and limbs. Yoga is always practiced in bare feet. Avoid strong scents, others may be allergic. For your comfort, it is best to wait a few hours after a heavy meal and at least one hour after a light snack before taking class.

Instructors

Thea Satrom – Thea is a C-IAYT yoga therapist and certified Iyengar Yoga teacher at the Introductory I&II level. She continues her studies with Lois Steinberg in Urbana, IL and is passionate about women's health.

Steve Hornbacher – Steve has been practicing Iyengar Yoga since 1997 and teaching since 2002. He holds an Intermediate Jr. I certification, studying primarily with Kristin Chirhart at the B.K.S. Iyengar Yoga Center of Minneapolis.



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"Yoga teaches us to cure what need not be endured and endure what cannot be cured." (Sri B.K.S. Iyengar)