

## CLASSES

### ■ **Level I:**

This class covers the foundations of alignment and the balance between strength and flexibility. Basic standing and seated postures, twists, forward bends, shoulder stand, headstand, relaxation and breath awareness. It is recommended that you repeat Level I several times.

### ■ **Level II:**

For continuing students with one year of recent Yoga study. More emphasis on endurance, alignment, and the introduction of balance postures and backbends.

### ■ **Level III:**

For experienced students who are familiar with standing, seated, inversions, and backbends. We will introduce Pranayama (the study of breath) in this class.

### ■ **Restorative:**

A gentle class that addresses: physical and emotional fatigue of injury or illness and treatment and recovery; relaxation and breathing techniques are part of every class.

### ■ **Neck & Shoulders\*:**

Yoga postures that address: common issues with necks and shoulders. Students under the care of a physician should verify their attendance in this class with their care giver.

### ■ **Low Back, Hips, and Knees\***

Yoga postures that address: common issues with Low Back, Hips, and Knees. Students under the care of a physician should verify their attendance in this class with their care giver.

### ■ **Teens Class with Hanna**

A fun introduction to Yoga for teens ages 13-19.

\* You may be required to attend Restoratives for one or more sessions before joining either of these 2 classes.

**Location:** Classes at 9 W Placer

**Props:** We provide props for class. We have props for sale for your home practice.

**Registration:** You must register for class. Class size is limited. Fill out attached form.

**Makeups:** must be done within the series, consult teacher to arrange make-up.

**Attire:** Please wear shorts or footless tights & a T-shirt.

## SCHEDULE & FEES

**Students paying the series rate will be given priority in registration.**  
**Drop-in (per class) \$13.00**  
**Private Classes (call Hanna or Julie)**

### Winter Session

**Mar 11 – Apr 26, 2019**  
**No regular class Mar 1-8**

#### Monday \$80

**Restorative ..... 10:30 – 11:30am..... Judy**  
**Level I ..... 5:15 - 6:45pm ..... Judy**

#### Tuesday \$80

**Level I ..... 9:00 - 10:30am..... Judy**  
**Level I ..... 5:30 – 7:00pm..... Julie**

#### Wednesday \$80

**Level I-II..... 7:00 – 8:15am..... Judy**  
**Low Back & Knees 5:15-6:15pm..... Charles**

#### Thursday \$80

**Neck & Shoulders 10:30-11:30am.... Charles**  
**Restorative ..... 4:30 – 5:30pm..... Judy**  
**Level II-III..... 5:45 - 7:15pm Charles/Judy**

**Visit our Website at:**  
**[www.northernlightsyoga.com](http://www.northernlightsyoga.com)**

*Please Note: Some Classes fill quickly. Mail-in registrations are encouraged. Walk-in registrations are not guaranteed.*

**Printed on Recycled Paper**

## REGISTRATION

Please make your check payable to:  
Northern Lights Yoga.

*You will be notified only if the class is full or cancelled.*

**Classes in downtown Helena at  
9 West Placer**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone: (work)** \_\_\_\_\_

**(home)** \_\_\_\_\_

**Class: Day** \_\_\_\_\_

**Time** \_\_\_\_\_

**Level** \_\_\_\_\_

**Fee** \_\_\_\_\_

**We have no mailbox at the studio -  
Send check and registration form to:**

Northern Lights Yoga  
2751 Grizzly Gulch  
Helena MT 59601-9667

**Judy & Charles** 406-449-2205

JMyPal@aol.com

**Julie** 406-459-3041

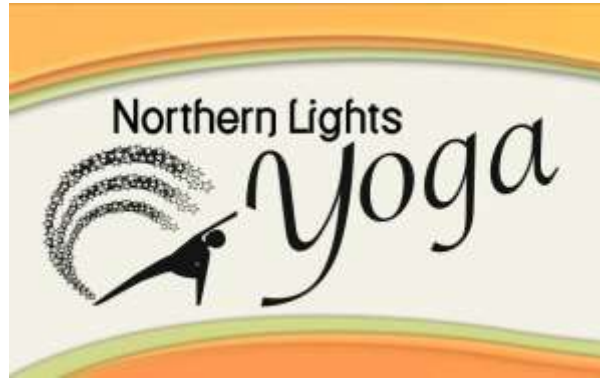
**Hanna** 406-431-7276

**Drop-ins are welcome if there is space in class.**

PRSRT STD  
U.S. POSTAGE PAID  
HELENA, MT  
PERMIT NO. 227

NORTHERN LIGHTS YOGA  
2751 GRIZZLY GULCH  
HELENA MT 59601-9667

PLEASE HELP NORTHERN LIGHTS YOGA CUT DOWN ON WASTE PAPER, ENERGY, AND POSTAGE  
SWITCH TO OUR E-MAIL LIST – SEND YOUR E-MAIL ADDRESS TO JMYPAL@AOL.COM



*Northern Lights Yoga Classes*  
*Scheduled upstairs at*  
*9 West Placer*  
*Helena MT 59601*  
*(406) 449-2205*

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**No regular class Mar 1-8**

**Upcoming Workshops / Classes**  
**For info or registration contact**  
**Judy at 406-449-2205**  
**unless otherwise noted**

♥ **Boulder Hot Springs**  
**Yoga Weekend**  
**Mar 29-31, 2019**

**Call Kerri at 406-225-4339 for**  
**registration and information**

♥ **Sunday Yoga with Julie**  
**Feb - 3 - 1-4pm**  
**Mar – TBA**  
**Apr - TBA**

♥ **Lois Steinberg**  
**May 24 – 26, 2019**

**Annual Memberships are Available See**  
**Our Website for Details**

## **NORTHERN LIGHTS YOGA**

Yoga is an ancient practice created to nourish the physical body, the mind, and the spirit. It is a powerful tool for dealing with physical tension and emotional stress in our modern world. The system of Yoga postures, breath awareness, and relaxation teaches the individual to be a wise caretaker of one's closest personal environment. Yoga respects all ages, states of health and belief systems.

Judy Landecker and Charles Udell are Certified Iyengar Yoga Teachers (CIYT) and are both Certified Yoga Therapists (C-IAYT) who have practiced and taught Yoga for more than 80 years total. They are dedicated to the practice and teaching of Yoga in the tradition of Sri B.K.S. Iyengar.

Julie Benson Rosston has taught Hatha yoga for 21 years in Denver and Helena. She discovered her love for Iyengar yoga in Helena at Northern Lights and has been a student for 14 years.

Hanna Carey is a former high school English teacher and has studied yoga at Northern Lights for three years. She is excited to share the benefits of yoga with children of all ages!

You can reach Northern Lights Yoga at  
406-449-2205

**25<sup>th</sup> Anniversary Northern Lights Yoga**  
**t-shirts on sale @ \$12**  
**(size selection is limited)**