

## 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, 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 head stand 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:**

Yoga postures that address: physical and emotional fatigue of injury or illness and treatment and recovery; relaxation and breathing techniques; and healing visualizations.

### ■ **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.

\* Attendance in either of these two classes requires prior permission of the teacher. You may be required to attend Restoratives for one or more sessions before joining this class.

**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 Lisa)

**Late Spring Session**  
**May 1 – Jun 30, 2017**  
**No Regular Classes May 22-26**

**Celebrate our 25th Anniversary**  
**Free Classes May 29 Jun 2, 2017**

### 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 ..... Lisa

### Wednesday \$80

Level I-II ..... 7 - 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

### Friday \$80

Restorative ..... 10:30 – 11:30am ..... 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.*

## 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

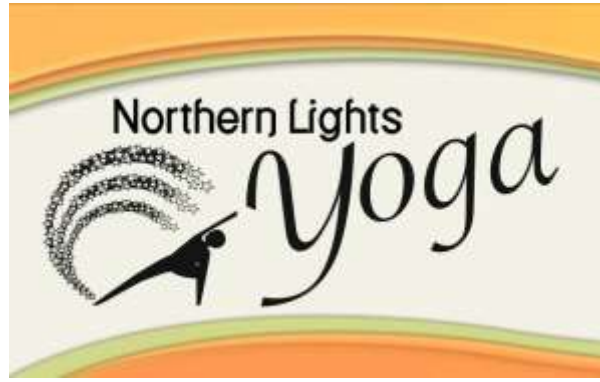
Lisa 406-449-5600

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

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

- ♥ **Lois Steinberg A Taste of India  
May 23-27, 2017**
- ♥ **Celebrate 25 Years of Northern  
Lights Yoga  
Free Classes - Bring a Friend  
May 29-Jun 2, 2017**
- ♥ **Tapas 21: Developing Your Personal  
Practice 6-7am June 13-July 3**

**Annual Memberships are Available so  
Current Students can Practice in Our  
Fully Equipped Studio Outside of Class  
Times See Our Website for Details and  
Membership Prices.**

### **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 who have practiced and taught Yoga for more than 75 years total. They are dedicated to the practice and teaching of Yoga in the tradition of Sri B.K.S. Iyengar.

Lisa Swanson – a long time student at Northern Lights Yoga has recently and successfully completed her assessment at the Introductory II Level in Iyengar Yoga.

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