

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:**

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.

* 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)

Fall Session
Sep 5 – Oct 31, 2017
No Regular Classes Sep 1 & 4
Welcome Back Lisa!
New Class Level I Wed am with Julie
Come Celebrate our 25th Anniversary

Monday \$90

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

Tuesday \$90

Level I 9:00 - 10:30am Judy
Level I 5:30 – 7:00pm Lisa

Wednesday \$90

Level I-II 7 - 8:15am Judy
Level I 10:30am – Noon Julie
Low Back & Knees 5:15-6:15pm Charles

Thursday \$90

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

Friday \$90

Restorative 10:30 – 11:30am Judy

Visit our Website at:
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

Julie 406-459-3041

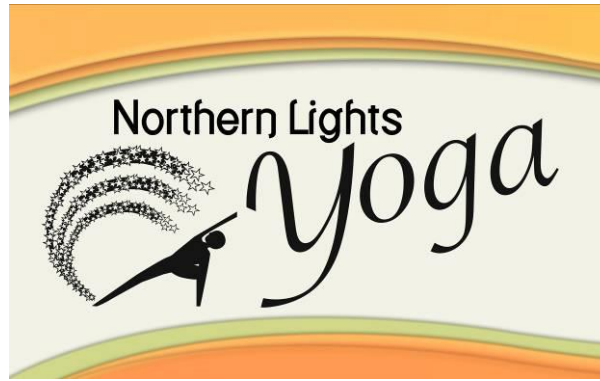
**Drop-ins are welcome
if there is space in the class.**

Printed on Recycled Paper

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

- ♥ Celebrate 25 Years with Northern Lights Yoga
- ♥ Yoga Weekend - Boulder Hot Springs
October 20-22, 2017
Call Kerri at 406-225-4339

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

25th Anniversary Northern Lights Yoga t-shirts available @ \$15