

# ABOUT LOIS

Director Lois Steinberg, Ph.D., CIYT Level 4, C-IAYT, is one of the most experienced yoga instructors, awarded certification by B.K.S. Iyengar himself. She is a teacher of teachers, sought after worldwide to instruct workshops, and is an assessor for the IYNAUS Certification Committee. In 2016 IYNAUS honored Lois with the lifetime achievement award, *Lighting the Way*.

Lois Steinberg's teaching is infused with enthusiasm to share the knowledge and acumen that have come through her sustained 45-year practice and study of the tremendous work of the Iyengar family. Lois is the author of numerous books and articles and is widely respected for and consulted regarding her considerable knowledge of therapeutics.

*On the Cover:* Lois in Urdhva Dhanurasana on the Third Bridge, Moremi Game Reserve, Botswana. *Photo Credit:* Anthony Ntalamo.

## Starter Pass: \$20 for 1 month!

Try us out! One time use only. Unlimited access to Iyengar Ignite courses and Men's Essentials.

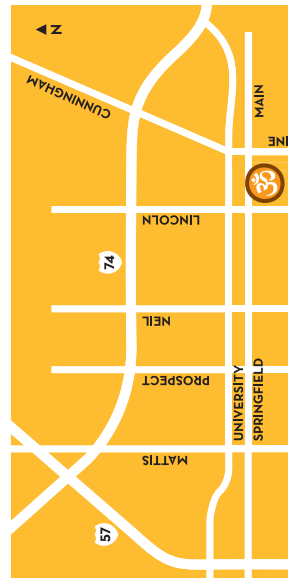
**Annual Membership:** Access to practice at IYCU  
\$75 or \$500 Lifetime

Enroll at [YOGA-CU.COM](http://YOGA-CU.COM)

## Supplemental Private Instruction

Refine your study to support your independent practice. Membership required.

**Iyengar Yoga Champaign-Urbana**  
407 West Springfield Ave., Suite A  
Urbana, IL 61801-8810  
(217) 344-YOGA (9642)



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Spring 2024

12-WEEK SESSION: FEB 5-MAY 5

(no classes March 11-17)

# IYENGAR YOGA CHAMPAIGN-URBANA



Online &  
Face-to-Face  
Classes

BE CHALLENGED. BE TRANSFORMED. BE.



BE CHALLENGED. BE TRANSFORMED. BE.

IYCU's highly qualified, certified faculty ensure that you will receive the most productive and enlightening yoga experience available.

## IYENGAR YOGA IS . . .

Systematic intelligence of the mind, body, breath, soul, and spirit. The world's most widely practiced method of yoga is taught in the tradition of Yogacharya B.K.S. Iyengar, the author of the classic *Light on Yoga*. He made yoga accessible and relevant to people everywhere, no matter what their physical or mental ability. The system is methodical and progressive, emphasizing detailed correctness and absolute safety.



Our teachers' experience is measured in decades, not hours.

## CLASSES

Face-to-Face (FF) & Online (OL)

### Iyengar Ignite for Young Adults

A physically challenging, dynamic, compelling, fast-paced, and progressive format. Ideal for those under age 40 and unfamiliar with the depths of Iyengar Yoga or new practitioners. 75 minutes.

- Tues • 7:30–8:45 pm • FF
- Thurs • 7:30–8:45 pm • FF
- Sat • 11:30 am–12:45 pm (Easy Pace\*) • FF
- Sun • 10:00–11:15 am (Easy Pace\*) • OL

**Intermediate 1** For those who have done Ignite class and/or are experienced in basic Iyengar Yoga poses and shoulderstand. Refine and explore the subtleties of practice. Pranayama introduced. 1.5 hours.

- Mon • 6:00–7:30 pm • FF & OL
- Thurs • 10:30 am–12:00 pm • FF & OL
- NEW!** Thurs • 5:15–6:45 pm • FF
- NEW!** Fri • 8:00–9:30 am • OL
- Sat • 9:45–11:15 am • OL

**Intermediate 2** For students with substantial Iyengar Yoga study who are grounded in standing poses. New poses include head and arm balances, and backbends. Yoga Sutra study introduced. 1.75 hours.

- Sun • 10:30 am–12:15 pm • FF & OL

**Intermediate 3** For students with a thorough understanding of all the basic poses who are ready to expand their study with more challenging poses. Home practice is expected. 2 hours.

- Thurs • 5:15–7:15 pm • OL

**Advanced** Permission required. 2 hours.

- Tues • 5:15–7:15 pm • OL

\*Similar syllabus to Iyengar Ignite, but moderately paced.

**Women's Essentials** Emphasis on women's health, including menses, pregnancy, post-partum, and menopause. See the website for a required free video viewing before attending class.

- Wed • 9:15–10:45 am • OL

**Men's Essentials** Emphasis on creating flexibility, maintaining fitness for sports, reducing fatigue, and for prostate health.

- Wed • 7:00–8:30 pm • FF & OL

**40+ Ignite** Emphasis on poses that increase mobility and strength of the knees, hips, back, neck and shoulders, when possible, in a dynamic way.

- Tues • 10:30–11:45 am • FF & OL
- Sat • 3:00–4:15 pm • FF & OL

**40+ Intermediate** Prerequisite: 40+ Ignite

- Tues • 8:30–10:00 am • FF & OL
- Thurs • 8:30–10:00 am • FF & OL

**NEW! Pranayama Foundation** Pran is energy, ayama is movement of energy. The breath is the vehicle for this important yoga practice. Prerequisite: Asana.

- Tues • 7:00–8:00 am • OL

**Pranayama** Permission required.

- Mon • 7:00–8:00 am • OL

**Healing Classes** New students welcome.

**Low Back**

- Fridays • 5:00–6:30 pm • FF & OL



See our website for fees and workshops:  
YOGA-CU.COM