

## ABOUT LOIS

Director Lois Steinberg, Ph.D. CIYT Advanced 2, C-IAYT, is one of the world's most experienced yoga instructors, awarded the Advanced 2 certification by B.K.S. Iyengar himself. She is a teacher of teachers, sought after worldwide to instruct workshops, and serves as a member of and assessor for the Certification Committee of IYNAUS.

Lois Steinberg's teaching is infused with enthusiasm to share the knowledge and acumen that have come through her sustained 40-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: Virabhadrasana III near Fondi, Italy.  
Photo Credit: Antonio Luciani*

Fees	Drop-In	8-Week Semester*
Asana classes	\$15	\$ 98
Two classes per week	\$25/2	\$145
Yoga for Cancer	\$10	\$ 70
Therapeutics	\$20	\$125
Neck/Shoulders	\$20	\$ 60 (4 weeks)
Private Instruction	\$40/hour	\$120 (4 weeks)

\*Due to holidays, Monday classes meet for 7 weeks.  
Go to [www.yoga-cu.com](http://www.yoga-cu.com) for those class fees.

### Annual Membership

Members receive a course packet and have access to the facility for personal practice time.

Fixed Income	\$ 50
Individual	\$ 70
Family	\$100
Lifetime	\$500

**Enroll at [YOGA-CU.COM](http://YOGA-CU.COM) or come early to your first class to register.**

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

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# Winter Session

December 2017-January 2018

# IYENGAR YOGA

## CHAMPAIGN-URBANA



BE CHALLENGED. BE TRANSFORMED. BE.

# DECEMBER 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Nov. 27</b> Women's (Modest) 9-10:30am Neck/Shoulders 5:30-7:00pm Inter 2 3:30-5:15pm Inter 1 6-7:30 pm	<b>Nov. 28</b> 50+ Inter 8:30-10am 50+ Ignite 10:30-11:45am Ignite 6-7:15 pm	<b>Nov. 29</b> Women's 9:15-10:45am Women's (Modest) 1-2:30pm 50+ Inter 4-5:15pm Therapy 5:30-7pm Mens 7-8:30pm	<b>Nov. 30</b> 50+ Inter 8:30-10am Inter 3 5:30-7:30 pm	<b>Dec. 1</b>	<b>2</b> Ignite (Easy) 8-9:15am Inter 1 9:45-11:15 am Ignite 11:30am-12:45pm Cancer 1:30-2:30pm 50+ Ignite 3-4:15pm
<b>3</b>	<b>4</b> Women's (Modest) 9-10:30am Neck/Shoulders 5:30-7:00pm Inter 2 3:30-5:15pm Inter 1 6-7:30 pm	<b>5</b> 50+ Inter 8:30-10am 50+ Ignite 10:30-11:45am Ignite 6-7:15 pm	<b>6</b> Women's 9:15-10:45am Women's (Modest) 1-2:30pm 50+ Inter 4-5:15pm Therapy 5:30-7pm Men's 7-8:30pm	<b>7</b> 50+ Inter 8:30-10am Inter 3 5:30-7:30 pm	<b>8</b>	<b>9</b> Ignite (Easy) 8-9:15am Inter 1 9:45-11:15 am Ignite 11:30am-12:45pm Cancer 1:30-2:30pm 50+ Ignite 3-4:15pm
<b>10</b>	<b>11</b> Women's (Modest) 9-10:30am Neck/Shoulders 5:30-7:00pm Inter 2 3:30-5:15pm Inter 1 6-7:30 pm	<b>12</b> 50+ Inter 8:30-10am 50+ Ignite 10:30-11:45am Ignite 6-7:15 pm	<b>13</b> Women's 9:15-10:45am Women's (Modest) 1-2:30pm 50+ Inter 4-5:15pm Therapy 5:30-7pm Men's 7-8:30pm	<b>14</b> 50+ Inter 8:30-10am Inter 3 5:30-7:30 pm	<b>15</b>	<b>16</b> Ignite (Easy) 8-9:15am Inter 1 9:45-11:15 am Ignite 11:30am-12:45pm Cancer 1:30-2:30pm 50+ Ignite 3-4:15pm
<b>17</b>	<b>18</b> Women's (Modest) 9-10:30am Neck/Shoulders 5:30-7:00pm Inter 2 3:30-5:15pm Inter 1 6-7:30 pm	<b>19</b> 50+ Inter 8:30-10am 50+ Ignite 10:30-11:45am Ignite 6-7:15 pm	<b>20</b> Women's 9:15-10:45am Women's (Modest) 1-2:30pm 50+ Inter 4-5:15pm Therapy 5:30-7pm Men's 7-8:30pm	<b>21</b> 50+ Inter 8:30-10am Inter 3 5:30-7:30 pm	<b>22</b>	<b>23</b> Ignite (Easy) 8-9:15am Inter 1 9:45-11:15 am Ignite 11:30am-12:45pm Cancer 1:30-2:30pm 50+ Ignite 3-4:15pm
<b>24</b>	<b>25</b> Holiday	<b>26</b> Holiday	<b>27</b> Holiday	<b>28</b> Holiday	<b>29</b>	<b>30</b> Holiday

# JANUARY 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dec 31</b>	<b>January 1</b> Holiday	<b>2</b> 50+ Inter 8:30-10am 50+ Ignite 10:30-11:45am Ignite 6-7:15 pm	<b>3</b> Women's 9:15-10:45am Women's (Modest) 1-2:30pm 50+ Inter 4-5:15pm Therapy 5:30-7pm Men's 7-8:30pm	<b>4</b> 50+ Inter 8:30-10am Inter 3 5:30-7:30 pm	<b>5</b>	<b>6</b> Ignite (Easy) 8-9:15am Inter 1 9:45-11:15 am Ignite 11:30am-12:45pm Cancer 1:30-2:30pm 50+ Ignite 3-4:15pm
<b>7</b>	<b>8</b> Women's (Modest) 9-10:30am Inter 2 3:30-5:15pm Inter 1 6-7:30 pm	<b>9</b> 50+ Inter 8:30-10am 50+ Ignite 10:30-11:45am Ignite 6-7:15 pm	<b>10</b> Women's 9:15-10:45am Women's (Modest) 1-2:30pm 50+ Inter 4-5:15pm Therapy 5:30-7pm Men's 7-8:30pm	<b>11</b> 50+ Inter 8:30-10am Inter. Adv 5:30-7:30 pm	<b>12</b>	<b>13</b> Ignite (Easy) 8-9:15am Inter 1 9:45-11:15 am Ignite 11:30am-12:45pm Cancer 1:30-2:30pm 50+ Ignite 3-4:15pm
<b>14</b>	<b>15</b> Women's (Modest) 9-10:30am Inter 2 3:30-5:15pm Inter 1 6-7:30 pm	<b>16</b> 50+ Inter 8:30-10am 50+ Ignite 10:30-11:45am Ignite 6-7:15 PM	<b>17</b> Women's 9:15-10:45am Women's (Modest) 1-2:30pm 50+ Inter 4-5:15pm Therapy 5:30-7pm Men's 7-8:30pm	<b>18</b> 50+ Inter 8:30-10am Inter 3 5:30-7:30 pm	<b>19</b>	<b>20</b> Ignite (Easy) 8-9:15am Inter 1 9:45-11:15 am Ignite 11:30am-12:45pm Cancer 1:30-2:30pm 50+ Ignite 3-4:15pm
<b>21</b>	<b>22</b> Women's (Modest) 9-10:30am Inter 2 3:30-5:15pm Inter 1 6-7:30 pm	<b>23</b> 50+ Inter 8:30-10am 50+ Ignite 10:30-11:45am Ignite 6-7:15 PM	<b>24</b> Women's 9:15-10:45am Women's (Modest) 1-2:30pm 50+ Inter 4-5:15pm Therapy 5:30-7pm Men's 7-8:30pm	<b>25</b> 50+ Inter 8:30-10am Inter 3 5:30-7:30 pm	<b>26</b>	<b>27</b> Ignite (Easy) 8-9:15am Inter 1 9:45-11:15 am Ignite 11:30am-12:45pm Cancer 1:30-2:30pm 50+ Ignite 3-4:15pm
<b>28</b> Karma Yoga 9:30-11am	<b>29</b> Spring Session Begins!					