

CLASS SCHEDULE

3113 ROSE HILL, BOISE

450 WEST STATE ST., STE. 250
AT INTEGRATIVE HEALTH/KINESIS IN EAGLE

MONDAY
10-11:30AM LEVEL 1 CRISTINA
3:30-5:00PM ALL LEVELS VICKIE
5:30-7:00PM LEVEL 1-2 DON
7:15-8:45PM INTRO/SEPT.13 DON

TUESDAY
8:30-10AM ALL LEVELS VICKIE
12PM-1:30PM ALL LEVELS/SEPT.14 MTAE
3:30-5PM INTRO CRISTINA
5:30-7PM LEVEL 2-3 VICKIE
7:30-9PM LEVEL 1-2 KIMBERLY

WEDNESDAY
9-10:30AM GENTLE CRISTINA
5:30-7PM INTRO/STARTS NOV.3 JERRY
7:30-9PM BEGINNERS/MIND SANGHA

THURSDAY
12PM-1:30PM ALL LEVELS MTAE
5:30-7PM LEVEL 2-3/STARTS SEPT.9 DON
7:15-8:45PM INTRO/SEPT.23 KIMBERLY

FRIDAY
8:45-10:30AM ... OPEN PRACTICE/NO CHARGE

SATURDAY
9-10:30AM ALL LEVELS VICKIE
10:45-12:15PM INTRO/SEPT.25 CRISTINA

SUNDAY
10-11:30AM LEVEL 1-2 DON/JAMES

MONDAY
5:45-7:15PM LEVEL 1 JAMES

TUESDAY
4-5:30PM GENTLE/SEPT.14 STAFF

WEDNESDAY
6-7:30PM LEVEL 2 JAMES
7:30-9PM ALL LEVELS KIMBERLY

THURSDAY
6-7:15PM ... INTRO/STARTS SEPT.9 JAMES

SATURDAY
9-10:30AM ALL LEVELS JAMES
10:45-12PM... INTRO/SEPT.25 KIMBERLY

CLASS FEES

- 1 1/2-HOUR CLASS: (Dropin \$16)
 - 8/\$96
 - 16/\$164
 - 24/\$234
 - 56/\$500

Intro for Beginners

ROSE HILL: 8 CLASSES: \$96
EAGLE: 8 CLASSES: \$88

Unlimited Classes

- 8-WEEK SESSION: \$175

PRIVATE SESSIONS with VICKIE

\$85/1 1/2-Hour / \$60/1 Hour

PUNCH CARD HONOR SYSTEM

- Punch your card and sign in each time you attend class.
- Eight-class punch card expires nine weeks from date of purchase.
- Students may attend different classes on their card, punch as you go.
- You may punch your card for a class with a higher fee and pay the difference in price.
- No cash refunds. **No extensions.**

(208) 343-9786 • www.boiseyogacenter.com

Special Classes

PLEASE, PREREGISTER!

INTRO FOR BEGINNERS

~ ROSE HILL ~

\$96/8-WEEK SESSION

MONDAYS: 7:15-8:45PM
SEPTEMBER 13-NOVEMBER 1

TUESDAYS: 3:30-5PM
SEPTEMBER 14-NOVEMBER 2

WEDNESDAYS: 5:30-7PM
NOVEMBER 3-DECEMBER 22

THURSDAYS: 7-8:30PM
SEPTEMBER 23-NOVEMBER 11

SATURDAYS: 10:45AM-12:15PM
SEPTEMBER 25-NOVEMBER 13

~ EAGLE ~

\$88/8-WEEK SESSION

THURSDAYS: 6-7:15PM
SEPTEMBER 9-OCTOBER 28

SATURDAYS: 10:45AM-12PM
SEPTEMBER 25-NOVEMBER 13

NEW CLASSES!


GENTLE YOGA

\$96/8-WEEK SESSION

~ EAGLE ~

TUESDAYS: 4-5:30PM
SEPTEMBER 14-NOVEMBER 2

~ ROSE HILL ~

WEDNESDAYS: 9-10:30AM
SEPTEMBER 15-NOVEMBER 3

YOGA FROM THE INSIDE OUT

MINDFUL PRACTICE WITH MTAE

\$164/16 CLASSES • ALL LEVELS

TUES/THURS: 12-1:30PM
SEPTEMBER 14-NOVEMBER 4

DAY OF PRACTICE & REFLECTION

WITH CRISTINA TREVISAN

\$65 (EARLY BIRD \$50 BEFORE NOV. 1)

SUN., NOV. 14: 12-5PM W/TEA BREAK

10% DISCOUNT FOR BSU STUDENTS & IYAINVV MEMBERS


HOLIDAY YOGA
LABOR, THANKSGIVING & CHRISTMAS DAYS
10-11:30AM • ROSE HILL • ALL LEVELS

WHITE CLOUD MOUNTAIN INN

RETREATS WITH VICKIE

Like stepping back in time for great food, yoga and lasting memories in our Idaho mountains.

SEPTEMBER 23-26

YOGA IN PANAMA
WITH VICKIE & JERRY AT CASA CAYUCO

Open to all levels of students at a peaceful and secluded beach on Isla Bastimentos, off the coast of Panama.

MAY 17-25, 2011

Upcoming Workshops

JULIE GUDMESTAD
HIP, PELVIS & LOWER BACK
SEPTEMBER 17-19, 2010

MARY OBENDORFER
FEBRUARY 4-6, 2011

JUDITH LASATER
RELAX & RENEW
TEACHER TRAINING
MARCH 7-11, 2011

ASANA CLASS DESCRIPTIONS

• **Introductory** classes are for beginners. Preregistration suggested. Class may be repeated for student's increased understanding.

• **Level 1** classes are for students who have some experience in shoulderstand and have either completed the six-week intro course, have three months previous Iyengar yoga experience or six months in the other styles of yoga. The foundation poses and shoulderstand will be consolidated and headstand will be introduced.

• **Level 2** classes are for students with previous Iyengar training who are strong in standing poses and can perform headstand, shoulderstand and backbends.

• **Level 3** classes are for students with at least one year of Iyengar yoga experience and have a working knowledge of Sirsasana (head stand) and Sarvangasana (shoulder stand). Although this class is not built as a session of classes, you are expected to regularly attend (no beginners). This will allow for more penetration into the Asanas and Pranayamas. Classes will build from one to the next. Drops-ins by permission only.

• **Gentle Yoga** is for students desiring a slower approach or those with specific needs.

• **Special Focus** is by appointment only. A series of poses will be designed by Vickie to address the student's personal needs

• **Vinyasa** is a movement class with yoga poses linked one to the other. Headstand and shoulderstand will be included. Students need at least six months of Iyengar experience or by special permission of the teacher.

• **Restorative** yoga is a quiet practice using props for support.

• **Private/Semi-Private** is for people with specific health concerns or a desire to set up a regular practice, or refine an established practice.

• **Beginner's Mind Sangha** consists of sitting and walking meditation, chants, recitations, sutra discourses and Dharma talks. Call M'Tae at (208) 383-9616 or Rick Sonnenberg at (208) 363-0517.

B.K.S. Iyengar states:

"The yoga experience parallels life experience, how to be free and strong, and let the joy that's within us be boundless."

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The Boise Yoga Center is the valley's choice for QUALITY yoga instruction.

Come to "the source" for yoga and learn from experienced teachers. Explore the depth of your body, mind and soul through this ancient practice. Gain peace and harmony while developing strength, flexibility and energy.



WHAT IS IYENGAR YOGA?

"Iyengar Yoga" is a method of instruction set forth by living yoga master BKS Iyengar. Mr. Iyengar, whose many texts include the classic "Light on Yoga," resides in India today, and at the age of 86 continues to practice extensively. He is largely responsible for spreading the art and philosophy of yoga through the world during a time when the word "yoga" (joining the individual soul with the universal) was an unknown term. Yoga has gained huge popularity due in great part to Mr. Iyengar's early efforts.

The earmark of Iyengar Yoga is instructional quality presented through a vigorous, yet safe, approach. This method incorporates asanas (poses) and pranayama (rhythmic breath control) introduced with clear instruction geared toward people of all ages, health conditions and levels of practice. Teachers rigorously train to become "certified," a process carefully overseen by the Iyengar Yoga National Association of the United States (IYNAUS).

COMMON MISCONCEPTIONS

You do not have to be "in shape," young or flexible to learn yoga. We welcome you whatever your current condition, and proceed from wherever you are when you begin. Also, yoga is the study and observation of one's spirituality; it is not a religion.

- For your comfort, do not eat heavily for two hours before each class.
- Be prepared to work in clean, bare feet. No lotions, please.
- Most students wear a t-shirt and shorts or footless tights. Long and/or baggy pants are not recommended.
- If you have any medical conditions, have had recent surgery, are pregnant or menstruating, please advise your instructor before class, if possible. Alternate poses may be given.

~ YOGA PROPS & SUPPLIES ~

Yes! We sell mats, books, blankets, timers, shorts and more for your practice needs.

PRIVATE SESSIONS

- Postural assessment, yoga poses to therapeutically address problem areas

Call VICKIE ALDRIDGE for private session or information

Certified Iyengar Yoga Teacher with over 30 years experience • Member International Association of Yoga Therapists

E-mail: vickie@boiseyogacenter.com



YOUR TEACHERS



VICKIE ALDRIDGE is a certified Iyengar Yoga Instructor with over 30 years of dedication to the practice. She has a particular interest in therapeutic yoga as it has helped her deal with many personal injuries. Her teaching style is patient, clear, warmhearted and joyful.



JERRY ALDRIDGE is a certified Iyengar Yoga teacher with over 20 years of experience. He was an aircraft technician for 20 years and came to yoga after a shoulder injury from weightlifting. He teaches with humor and encourages his students to move beyond their perceived limitations.



JAMES BURTON is a certified Iyengar Yoga teacher originally from Sydney, Australia. He has a challenging yet supportive teaching style and enjoys teaching beginners and seeing them progress in their practice.



DON GURA is a certified Iyengar Yoga instructor who embraced yoga after a life of physical and competitive sports. He brings an active rejuvenating tone to his classes. Don is originally from Chicago and has studied yoga since 1995.



CRISTINA TREVISAN is a certified Iyengar Yoga teacher from Brazil and also has a degree in Physical Education. After many years dedicated to dance, she pursued yoga, was certified in Spain, and taught the University of Granada Yoga Program for several years. She approaches her teaching with compassion, intuition, clarity, and with the mindset that every student is unique.

- **MICHELLE TAE (M'TAE)** has taught yoga in Boise for over 20 years. Trained in Iyengar yoga, Trager Bodywork, and meditation, she has developed an approach to teaching yoga that explores the intersection of body, mind and soul. She is an ordained Zen Buddhist Chaplain, a writer and a storyteller. Her current focus is on weaving together movement, story and sound as a way to touch stillness, freedom and joy.
- **BARBARA HARRIS** got serious about yoga 15 years ago when a doctor recommended surgery for a back injury. The surgery was avoided because of yoga and she became hooked in the process. She is currently working toward Iyengar certification and enjoys sharing her own joy and enthusiasm for the practice.
- **KIMBERLY LEE** began studying yoga in 1992. She was initially drawn to yoga to recuperate from guiding outdoor adventure trips. She is currently working toward her Iyengar teaching certification and practices encompassing the eight limbs of yoga in her everyday life. She brings a passionate and playful style to her classes.

"The body is my temple, and the asanas are my prayers"

B.K.S. Iyengar