



Facebook

Rushing Water Yoga Class Schedule for 2018

The BKS Iyengar Yoga School of Southwest Washington

417 N.E. Birch St., Camas, WA 98607 360.834.5994 www.rushingwateryoga.com



Website

Tuesday	paul	9:30-11 am	Iyengar Yoga	Beginning
	paul	11:15-12:45	Iyengar Yoga	Gentle/Restorative
	paul	5:45-7:15 pm	Iyengar Yoga	Beginning
Wednesday	Nancy	9:30-11 am	Iyengar Yoga	Beginning
	paul	5:45-7:15 pm	Iyengar Yoga	Beginning
Thursday	paul	9:30-11 am	Iyengar Yoga	Beginning
	paul	11:30-12:30	*Senior Yoga	\$10 per class
	paul	5:45-7:15 pm	Iyengar Yoga	Intermediate
*Pre-registration required				
Friday Saturday	paul	1 - 4 pm	*Monthly Intensive	\$35.00
	paul	4:30-5:30 pm	*Monthly Pranayama	\$15.00
			*Usually the 3rd Sat. of the month	See website
Sunday		7:30-8:30 pm	Free Meditation	All are Welcome

Iyengar Yoga

Iyengar Yoga is a method of Hatha Yoga developed by Mr. B.K.S Iyengar of Pune, India. Iyengar's teachings are deeply grounded in the ancient yoga tradition. Iyengar Yoga combines classical Yoga traditions with innovative approaches including: an emphasis on the standing poses, using props, specific sequencing of the poses, and careful individual adjustments. Iyengar Yoga places special focus on developing strength, endurance, and correct body alignment while maintaining flexibility and encouraging relaxation. Your self-image, posture, flexibility and coordination can be enhanced and you may be relieved from depression or fatigue while experiencing greater concentration and more enjoyment out of life.

Looking for the right level of class for you?

At Rushing Water Yoga we meet the students where they are and make sure you are challenged and are working at the place and pace that is correct for you and your body. You will find this in every level of class. We encourage you to come to a beginning level class and see for yourself.

Prenatal students can attend Beginning and Gentle/Restorative classes.

New Students: Your First Private Lesson and a Week of Unlimited Classes is FREE! Please contact the studio for an appointment.

Drop-in:

\$15.00

Monthly Fee Schedule

One class a Week: \$55.00

Two Classes a Week: \$82.00

Unlimited classes for one month \$100.00

Punch Cards 5 for \$72.50; 10 for \$145

5 punch card expires in 2 months; 10 punch card expires in 4 months

Annual Fee Schedule

One class a Week: \$650.00

Two Classes a Week: \$800.00

Unlimited classes \$900.00

ALL classes at RWY are community classes - pay what you can. We will not turn anyone away for lack funds. Scholarships or sliding scale prices are available. Please contact the studio or talk to your teacher.

Open Practice Schedule

Come use the studio for your own practice! A student who is fully registered for the current month can check out a key. You are welcome to use the studio when there are no scheduled classes or events. We ask that you post your intentions on Facebook (if you can) to welcome other students to join you. There are reference books and sequence cards to help guide you in developing your practice. Please ask your teacher.

Class Policies:

- Wear shorts or footless tights and a T-shirt. Please, no baggy pants. Bare feet are required.
- Please do not wear perfume or heavy jewelry to class.
- Please be on time, arrive with an empty stomach and inform the teacher of any injuries or health issues before class.
- You can make up classes in an appropriate level class any time during the current month or you may bring a friend to your regular class. You can also make up a class "before" you miss it if you know you will gone.
- Students who registered and pay in full for the next month may carry over their makeups to that month but only to that month.
- The studio is fully equipped with Yoga props but feel free to bring your own mat.

Please visit the website or Facebook for updates before coming to class.