Yoga

Beginning Yoga (BEG)  
Mon/Wed/Fri 6:45-8:00 am  
Danielle Dunckley

This class is geared to those new to yoga or students who enjoy a slower, alignment-based practice. Students will learn appropriate alignment for basic seated and standing poses. Props such as blocks, straps, bolsters and balls may be used. Classes are structured cumulatively to learn to something new as the class progresses.

Gentle Yoga (BEG)  
Mon/Wed 12:00-1:00pm  
Sasha Parks

Relax, renew, and restore your energy with Gentle Yoga. This class is taught to music, incorporating gentle stretching with a restorative breathing practice and flowing, meditative movement. It is suitable for beginners as well as for those who like their yoga gentle and relaxing.

Hatha Flow (ALL)  
Mon/Wed/Fri 4-5:15 and Tue/Thu 7:00-8:15 pm  
Michael Glass

In flow class, emphasis is placed on breath, movement and fluidity. Warm-up is structured around a sequential framework of sun salutations designed to improve flexibility, strength and agility. Each class then will offer a different focal area – for example, improving range of motion for forward bending, or strengthening back and shoulders – which in turn provide students the opportunity to spend more time to go a little deeper and experience more transformative aspects of the practice. You may surprise yourself! This class is designed to be both fun and challenging for all levels of students – and a great way to smooth out the rough edges of your day. Some experience with yoga is, in most cases, suggested. Michael has enjoyed teaching yoga at the IMA for the past 8 years, originally receiving his teaching certification in July 2001 from Yoga Tree in Seattle.

Hatha Flow (ALL)  
Mon/Wed 5:30-6:45 and 7:00-8:15 pm  
Alicia Benish

Alicia holds a 200-hour teacher certification from 8 Limbs Yoga Studios and leads classes that are dynamic, accessible and most importantly, fun! Her athletic background and past injuries provide her with a special passion for building self-awareness through movement. Her Hatha Flow class combines powerful, heat-building sequences, restorative stretches, and steady breath work to create a balance of strength and flexibility in the body. As the series progresses, new poses will be introduced with various options for advancement or adjustment so that students of all experience levels develop their own, fluid practice.

Hatha Flow (ALL)  
Tue/Thu 8:15-9:30 am  
Andrea Cirignano

Stretch, strengthen, balance and relax with this moderately-paced morning class that will help you recharge for the rest of the day! Each class will build on the previous practice so students can progress together and each class will include a warm-up, some variation of sun salutations, balance postures, breath and floor work. Andrea received her teaching certificate from 8 Limbs Yoga Centers in Seattle and enjoys teaching a variety of classes including vinayasa, hatha, prenatal and postnatal.

Hatha Flow (ALL)  
Tue/Thu 4:00-5:15 pm  
Mandy Mourneault

Hatha flow yoga can improve awareness of your body in space, balance, stabilization, flexibility, and core strength with a well-rounded practice. Explore the benefits of deep, conscious lengthening of the connective tissue and muscles combined with restorative poses to help relieve tension and aid the body in its healing and recovery processes. Specific breath practices (pranayama) and continued awareness and exploration of this 'prana' will lead to a deeper awareness within each pose and overall balancing of the body’s energy. Other facets beyond the physical (mental clarity, focus, imagery, and meditation) are integrated into the practice. This class is a great complement to an athletic training program, as a cross training tool, or to help the body prevent injury or promote healing from chronic injury. Suitable for all ages and levels.
**YOGA CLASS DESCRIPTIONS**

**Spring 2013**

**Iyengar Yoga (ALL)**  
Mon/Wed/Fri 8:15-9:30 am  
Huijung Campbell  
Huijung caught the yoga bug several years ago and soon became a dedicated practitioner of yoga in the Iyengar tradition. She earned her 200 hour certification at the Center for Yoga of Seattle (the only Iyengar studio in Seattle) where she also teaches. She gives clear and detailed instructions to help the students learn the important foundations of the poses. Her classes generally start with meditation and standing poses, followed by seated poses and relaxation. As students progress throughout the quarter, the class will become more strenuous and more poses will be introduced, including back bend and inversions. Huijung does not use music, and instead encourages students to listen to their bodies. She uses props to accommodate all different body

**Power Yoga (INT)**  
Tue/Thu 5:15-6:30 pm  
Melissa Montalto  
Melissa is a certified yoga teacher trained under Ana Forrest, and has a background in several other styles of yoga including Ashtanga, Baptiste, Vinyasa, and Universal yoga. The pillars of Forrest Yoga are incorporated into her class: breath, strength, integrity and spirit. Classes will focus on breath-work, core strength, and vigorous sequencing without music. Students are encouraged to challenge themselves, working honestly at their edges, in a safe, supported environment. This class is geared for those who have an established yoga practice, but poses will be modified for differing levels of yogis. Melissa brings training and practice in nutrition, massage therapy, and athletics to work with individuals at many levels, using hands-on and verbal adjustments to work safely within poses

**Vinyasa Flow (ALL)**  
Tue/Thu 12:00-1:00 pm  
Cher Duffield  
Cher moves students through a smooth flowing yoga class, with movement synchronized to breath. Poses involve classic squats and lunges with deep stretching and balancing. Cher’s class style allows for all levels, including beginners, and she encourages everyone to surf his or her edge. Results include stronger muscles, a tightened core, and improved cardiovascular health. You will relieve tension and find new energy

**Vinyasa Flow (INT)**  
Tue/Thu 6:45-8:00 am  
Danielle Dunckley  
Danielle has been teaching yoga for over 9 years after receiving her 200 hour certification at the Kripalu Center in 2002. She encourages students to listen to their bodies and to practice with compassion and awareness. Her classes include centering, a focus on the breath, warm-up and a vigorous flow of standing postures, followed by seated poses that includes twists, forward bends, back bends and balance, a final relaxation and a final meditation. During the quarter, each class will build off of one another for increased stamina, strength and flexibility. Danielle incorporates music into her classes to inspire her students and help immerse them into their practice.

**Vinyasa Flow (ALL)**  
Tue/Thu 5:30-6:45 pm  
Staff  
Vinyasa Flow involves the pairing of breath with movement. Translated from Sanskti, Vinyasa translates literally to “connection”. Class will begin with breathing and centering work, progress through sun salutations, into balance poses, and end with final relaxation. This class is open to all levels, from beginners to those with experience.

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**Yoga Etiquette**

**Bring your own yoga mat.** Yoga mats are not provided by the IMA. Props (blocks, straps, bolsters) are provided.

**Intermediate level classes** are geared for those who have practiced yoga for a minimum of 6 consecutive months (2 quarters) and maintain a consistent private practice. Intermediate participants must have a solid yoga foundation: familiarity with pranayama, sun salutations and basic asanas, and should be comfortable doing arm balances as well as inversions. For the safety of yourself and others, instructors reserve the right to remove participants from an Intermediate level class if specific skills are not met.

**Please arrive early.** Walking in late is a disruption to the instructor and fellow participants, and it is imperative to your practice to warm-up. Aim to be at class 5 minutes early. Instructors reserve the right to ask participants to leave class if they are too late.

**Please avoid leaving early.** If you must leave early, inform your instructor. Secure a spot near the door to exit without disrupting the rest of the class.

**Turn off all cell phones.** Or leave them in your locker.