

## CLASSES

### ■ **Level I:**

This class covers the foundations of alignment and the balance between strength and flexibility. Basic standing and seated postures, twists, forward bends, shoulder stand, relaxation and breath awareness. It is recommended that you repeat Level I several times.

### ■ **Level II:**

For continuing students with one year of recent Yoga study. More emphasis on endurance, alignment, and the introduction of head stand and backbends.

### ■ **Level III:**

For experienced students who are familiar with standing, seated, inversions, and backbends. We will introduce Pranayama (the study of breath) in this class.

### ■ **Men's Asana:**

Yoga & men's health, sports conditioning and sports related injuries, flexibility, and more

### ■ **Prenatal-Postnatal:**

For women in any stage of pregnancy. Yoga postures for building strength and flexibility, relieving stress and tension during pregnancy. Breath awareness, relaxation, and visualization are covered in every class. Special workshops for couples are offered.

### ■ **Restorative:**

Yoga postures that address: physical and emotional fatigue of injury or illness and treatment and recovery; relaxation and breathing techniques; and healing visualizations.

### ■ **Private or Semi-Private Class:**

For people with specific health concerns or a desire to set up a regular practice, or refine an established practice.

**Location:** Classes at 9 W Placer

**Props:** We provide props for class. We have props for sale for your home practice

**Registration:** You must register for class. Class size is limited. Fill out attached form.

**Makeups:** must be done within the series, consult teacher to arrange make-up.

**Attire:** Please wear shorts or footless tights & a T-shirt.

## SCHEDULE & FEES

Students paying the series rate will be given priority in registration.

Drop-in (per class) \$12.00  
(\$10 for Monday Yoga for Lunch)

Private Class (per hour) \$60.00

**Winter-Spring Session  
(March 2 – April 26, 2012)**

Monday (8 Classes - \$75 -  
\$60 for Yoga for Lunch class)

Restorative ..... 10:30 – 11:30am ..... Judy  
Yoga 4 Lunch ... 12:10pm - 12:50pm ..... Judy  
Level I ..... 5:15 - 6:45pm ..... Judy  
Men's Asana..... 7:00-8:30pm ..... Charles

Tuesday (8 Classes - \$75)

Level I ..... 9:00 - 10:30am ..... Judy  
Level I ..... 6:00 - 7:30pm ..... Judy

Wednesday (8 Classes - \$75)

Level I ..... 7 - 8:15am ..... Judy  
Level II ..... 5:15 – 6:45pm ..... Judy  
Pre-Postnatal.... 7-8:15pm ..... Emily

Thursday (8 Classes - \$75)

Restorative ..... 4:30 – 5:30pm ..... Judy  
Level III ..... 5:45 - 7:15pm Charles/Judy

Friday (8 Classes - \$75)

Restorative ..... 10:30 – 11:30am ..... Judy

**Visit our Website at:  
[www.northernlightsyoga.com](http://www.northernlightsyoga.com)**

**Register for any two series – save \$10**

*Please Note: Some Classes fill quickly. Mail-in registrations are encouraged. Walk-in registrations are not guaranteed.*

**Printed on Recycled Paper**

## REGISTRATION

Please make your check payable to:  
Northern Lights Yoga.

You will be notified only if the class is full or cancelled.

Classes in downtown Helena at  
**9 West Placer**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (work) \_\_\_\_\_

(home) \_\_\_\_\_

Class: Day \_\_\_\_\_

Time \_\_\_\_\_

Level \_\_\_\_\_

Fee \_\_\_\_\_

Send check and registration form to:

Northern Lights Yoga  
2751 Grizzly Gulch  
Helena MT 59601-9667

Judy & Charles 406-449-2205

JMyPal@aol.com

Emily 406-443-3596

kevnems@montana.com

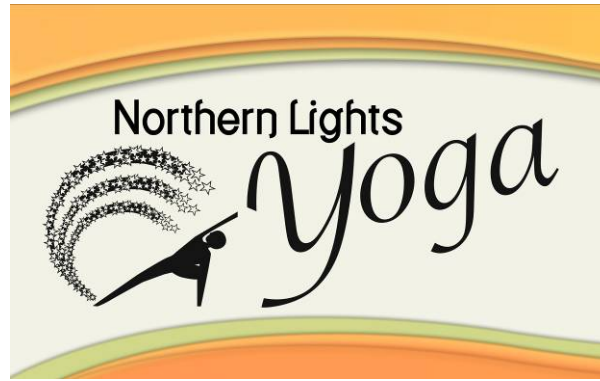
**Drop-ins are welcome  
if there is space in the class.**

PRSRT STD  
U.S. POSTAGE PAID  
HELENA, MT  
PERMIT NO. 227

NORTHERN LIGHTS YOGA  
2751 GRIZZLY GULCH  
HELENA MT 59601-9667

RETURN SERVICE REQUESTED

PLEASE HELP NORTHERN LIGHTS YOGA CUT DOWN ON WASTE PAPER, ENERGY, AND POSTAGE  
SWITCH TO OUR E-MAIL LIST – SEND YOUR E-MAIL ADDRESS TO JMYPAL@AOL.COM



*Northern Lights Yoga  
Classes Scheduled at  
9 West Placer  
Helena MT 59601  
(406) 449-2205*

No Classes – Mar 1 and Apr 27-30

**Upcoming Workshops / Classes**  
For info or registration contact  
Judy at 406-449-2205  
unless otherwise noted

- ♥ Free Classes:  
Mar 3 and Apr 7, 2012 at 4-5pm
- ♥ Lois Steinberg  
A Taste of India  
April 27 - 29, 2012
- ♥ Tapas 21 – Establishing a Personal  
Practice  
June 13 – July 3, 2012 6-7am
- ♥ Studio Spring Cleanup  
Sat April 21  
All helping hands welcome!
- ♥ Yoga Practice Times: Open when class is  
not in session.  
Annual Membership Required  
See Our Website

## NORTHERN LIGHTS YOGA

Yoga is an ancient practice created to nourish the physical body, the mind, and the spirit. It is a powerful tool for dealing with physical tension and emotional stress in our modern world. The system of Yoga postures, breath awareness, and relaxation teaches the individual to be a wise caretaker of one's closest personal environment. Yoga respects all ages, states of health and belief systems.

Judy Landecker and Charles Udell are certified Iyengar Yoga teachers who have practiced and taught Yoga for more than thirty-five years. They are dedicated to the practice and teaching of Yoga in the tradition of Sri B.K.S. Iyengar.

Emily Brand-Cleary is an experienced student of Yoga and has participated in Judy's teacher mentoring program.

You can reach Northern Lights Yoga at  
406-449-2205

