

ABOUT COLLEGE HILL YOGA

College Hill Yoga is an Iyengar Yoga program. Classes are offered in “sessions”, similar to a school semester. Students register for one or two classes a week. Classes are on-going. New students may join the classes at any time and receive a pro-rated fee. Any missed classes may be made up by attending another one. Those who are enrolled in consecutive sessions may make up a missed class any time, during any session, without an expiration. Those who do not re-enroll should do the make up during the current session for which they are enrolled. *Drop-ins are always welcomed.*

There are ample props available but students should bring their own yoga mat.

Iyengar Yoga is a form of Hatha Yoga created by the late B.K.S. Iyengar. This method of yoga helps develop greater self-awareness by encouraging students to practice with precision and integrate the subtleties of body, breath, and mind into their postures. Iyengar Yoga is rigorous and offers transformational results. Students of all ages, body types, and abilities can readily adapt to Iyengar Yoga. The use of props allows Iyengar Yoga to be accessible to all people at all stages of life and experience.

Asanas are done primarily to change the mental state, the mind-set and then the deeper layers of the mind, up to the consciousness and conscience.

~ **Prashant Iyengar**, Chittavijnana of Yogasanas

CLASS DESCRIPTIONS

Intro (Introduction to Iyengar Yoga): Suitable for students brand new to yoga or those with experience in another style of yoga. Introductions to standing and seated poses will be given.

Level 1: For students who have completed at least one session of the Intro class. Continued work on standing and seated poses with introductions to Salambha Sarvangasana (Shoulderstand) and Halasana (Plow Pose) or their alternatives.

Level 2: For students who have completed one session of Level 1. Building on knowledge from previous classes with introductions to forward bends, back bends, and Sirsasana (headstand).

Class is a place to gather for camaraderie, fellowship and learning. The classes help all levels of students start and later maintain a home practice. The home practice is, after all, where the real gifts of yoga are discovered. Most students struggle to start and maintain a home practice – for this reason sequences and “homework” are given between classes. In all classes philosophical concepts are introduced and discussed.

Make up any missed class by attending another one during the current session.



ABOUT THE INSTRUCTOR

Aaron Fleming is an Intermediate Junior 2 certified Iyengar Yoga instructor; teaching since 2005. He studies regularly with senior teacher Laurie Blakeney, his primary teacher, as well as other teachers around the country. He has twice been to Pune, India to study directly with the Iyengar family. His teaching is guided by the wisdom of his teachers and knowledge gleaned from a strong home practice. Aaron's classes are fun, clear and challenging. He lives in College Hill with his wife and son.

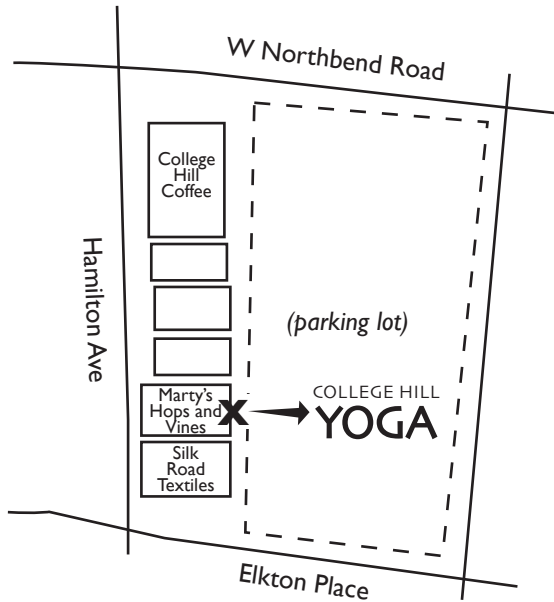


Certification for an Iyengar Yoga teacher is a life-long endeavor. The process is most like the lineage system of India where teachers are required to be in constant contact with his/her mentoring senior teacher. After years of study, each level of certification requires a weekend exam that includes; demonstrated practice; written knowledge of philosophy, anatomy, and sequencing; and demonstration of teaching skills in a mock class of volunteer students. The certification mark is only given to those who have passed two exams and been under direct tutelage of a senior teacher for at least three years.



LOCATION & PARKING

College Hill Yoga is located at 6110 Hamilton Ave, above Marty's Hops and Vines, next door to Silk Road Textiles. From Hamilton Ave, turn east on to either W Northbend Road or Elkton Place. Park in the lot behind the building and enter through the rear door.

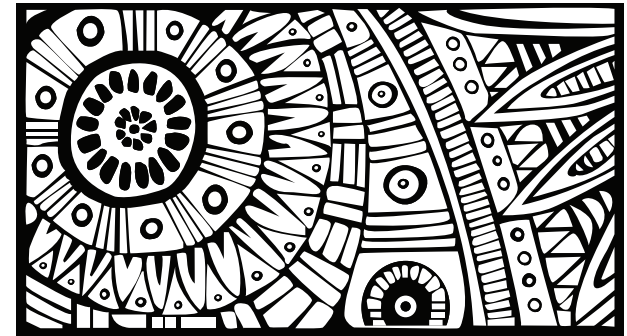


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