

## BIYC Teachers

are well-trained, caring & dedicated to helping each student experience the benefits of Yoga

**Giuse Bullock**, A lifelong kamaaina, Giuse feels blessed to be able to give back to the community as a Yoga teacher. She began her Yoga journey in 2000 and very quickly realized that this would be her lifelong path. She has attended several alignment-based teacher trainings including the 200 Purna Yoga.

**Grushenka Wolfgang** was introduced to yoga at BIYC. Benefiting from classes and numerous workshops, she has been deepening her practice. In 2016 she was inspired to join the current teacher training program with Senior Iyengar Instructor Ray Madigan. Grushenka seeks to help others explore the mind/body benefits of yoga.

**Joan Hughes** has been a teacher & board member at BIYC for many years. She has completed nine teacher trainings with Aadil Palkhivala and also a 200 hour Purna training in 2011. She strives to bring the balance of Yoga into her daily life.

**Joanne Murray**, A student of Yoga since 1993, Joanne began taking teacher training with Aadil Palkhivala in 1996. Her spirit, health and well-being have benefited from her practice, and she seeks to guide and support others on the Yogic path.

**Julie Benkofsky-Webb**, has been teaching since 2002. She has had several hundred hours of teacher training in traditional alignment-based yoga with Aadil Palkhivala, including training in therapeutics. Julie has also been influenced by Iyengar teachers Janet MacLeod, Bryan Legere and Ray Madigan.

**Kelly Dahlberg** has trained in the teaching of alignment-based yoga with Aadil Palkhivala and has studied Purna Yoga therapeutics with Jennifer Weinert. She has recently had the opportunity to appreciate the support of her Yoga practice during pregnancy and motherhood, gaining strength, balance and serenity during these adventures.

**Reagan Breen** has been a joyful and passionate devotee of Iyengar Yoga since 1980. Yoga has given her the tools to sustain her in life. Her dream is to inspire others to discover themselves through the gift of Yoga.

**Stephanie Conant** attended her first teacher training in 1994 at White Lotus. Many trainings later, including the 200 hour teacher training through the College of Purna Yoga, Steph continues to focus on the importance of student safety with the level of integrity, dedication and support she experienced, sharing with her students that "all life is yoga."

**Yuki Agoot** first experienced yoga in 1992. Six years later she began a regular practice which has continued to her completing the 200 hour Purna Yoga Teacher Training. Yoga supports Yuki with life, and she realizes a deep enjoyment in helping others to discover it.

**Yvette Minear** has leaped wholeheartedly into yoga practice & teaching, having logged 800 hours of teacher training through the College of Purna Yoga since 2010. Yvette looks forward to helping her students discover their own life lessons "from the mat." For Yvette, Yoga has been nothing less than "magic."

## Workshops 2017

**\*Ray Madigan**  
Certified Senior II Iyengar Teacher  
Teacher Training  
Module 7 July 15 & 16  
Contact: Reagan 808-896-8956

**\*Aadil Palkhivala**  
co-founder College of Purna Yoga  
December 8-11  
Contact: Yuki 808-640-1544

## Schedule of Classes Summer 2017



Teaching traditional  
alignment-based Yoga  
since 1989

Just as the Big Island is surrounded by  
the ocean, BIYC itself is an island  
in the midst of our busy lives.

Join us at our beautiful studio  
in Kealahou, ten miles south of  
Kailua-Kona, on the makai (ocean) side of  
Mamalahoa Highway (Hwy 11)  
above the medical office  
**81-6623 Mamalahoa Highway**  
across from First Hawaiian Bank.  
Look for our sign out front.

For more information call:

**329-YOGA**  
(808.329.9642)

or visit our website:  
[www.bigislandyoga.com](http://www.bigislandyoga.com)

We are a Hawaii Non-Profit Corporation

## To Prepare For Class

Wear comfortable, non-restrictive clothing that allows for the knees to be visible. Baggy clothing is not recommended, as the teacher needs to see the body's alignment. Come with clean, bare feet & an empty stomach.

**If this is your first visit, please arrive 15 minutes early to register.**

## Class Descriptions

**Yoga Basics: Pre-Level 1:** Looking for an introduction to yoga? Wanting to be more physically active? Recovering from an injury? Hoping to work on the basics? This class addresses all these queries. The focus is on keeping your body safe and practicing necessary alignment.

**Level 1:** The fundamentals of traditional alignment-based Yoga with emphasis on standing and sitting poses. Most appropriate for those who are new to Yoga, need a refresher course or enjoy a slower paced class.

**Level 2:** Faster paced than Level 1, for continuing students with a knowledge of the basic poses. Backbends and inversions are introduced.

**Level 1-2:** For continuing Level 2 students and those who have attended Level 1 for 6 months.

**Level 2-3:** A deeper exploration of poses, including inversions and backbends, for the student with two or more years of experience & preferably with a home practice.

**All-Levels:** A multi-level class. Appropriate for beginners—with additional instruction provided for more experienced students.

**Hatha Flow (Level 1 & 2):** Poses are linked, with emphasis on synchronizing movement & breath, in sequences designed to stretch, strengthen and align.

**Kupuna Yoga (Level 1):** Designed for the mature body (age 50 & over), with experiences to awaken, restore & rejuvenate body & soul in a safe way for each individual.

**Purna Yoga™ Practice:** This class is held on Thursday at 8:30 AM, *only* during the Fall and Spring quarters. March: Purna Series Connected / April: Hands, Wrists & Shoulders / May: Feet, Ankles & Hips. For any questions call Yuki 808-640-1544

## Big Island Yoga Center Class Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>MORNING</b>						
8:30-10:00 <i>Level 1</i> Yuki	8:30-10:00 <i>Level 2</i> Joan	8:30-10:00 <b>Yoga Basics</b> Yuki		8:30-10:00 <i>Level 2-3</i> Reagan	8:30-10:00 <i>Level 2</i> Reagan <b>By Donation</b>	<b>FREE CLASS</b> 10:30-Noon <i>Level 1-ONLY</i> <b>1st Sunday of every month</b>
<b>Stretch &amp; Restore</b> 10:30-Noon Julie	<b>Kupuna Yoga</b> 10:30-Noon <i>Level 1</i> Joan	<b>Stretch &amp; Restore</b> 10:30-Noon Julie	<b>Kupuna Yoga</b> 10:30-Noon <i>Level 1</i> Joanne	10:30-Noon <i>Level 1-2</i> Reagan	10:30-Noon <i>Level 1</i> Reagan <b>By Donation</b>	
<b>AFTERNOON/EVENING</b>						
	3:30-5:00 <i>Level 1</i> Grushenka			<b>Wall Ropes</b> 3:30-5:00 <i>All-Levels</i> Joanne		
<b>Hatha Flow</b> 5:30-7:00 <i>Level 1-2</i> Giuse				<b>Restorative</b> 5:30-7:00 <i>All-Levels</i> Joanne		

**Restorative:** In this practice, the poses are not active, but rather supported by props and held for longer periods of time, emphasizing sequences to connect body, mind and breath, aspects of ourselves that can become separated through the distractions of our daily lives. Through sustained relaxation, the restorative poses can alleviate stress, fatigue, and insomnia and can promote a sense of well-being. BIYC believes in the value of this practice as a companion to active asanas. In addition to our weekly class, most of the classes in the studio also offer restoratives at the last class of each month.

**Stretch & Restore:** A gentle class, with focus on mindful stretching and deep relaxation. A portion of each class is devoted to restorative poses. Emphasis is on meeting the needs of each student and giving suggestions for home practice. Instruction is provided for beginners; students of all levels are welcome.

**Wall Ropes:** For all levels, this class focuses on using our wall rope system and pelvic swings, for flexibility, spinal rejuvenation—and fun!



## Class Fees

<b>Four class pass</b>	<b>\$54.00</b>
<b>Eight class pass</b>	<b>92.00</b>
<b>Sixteen class pass</b>	<b>160.00</b>
<b>Drop-In</b>	<b>15.00</b>

**Now accepting major credit cards**  
**By Donation:** Please join us, paying a suggested donation of **\$10-15** or whatever you can afford.  
 Passes may also be used.

**Passes may be used for a full three months from the date of first attendance. They are non-transferrable and are generally not extended.**