

BIYC Teachers

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

Amanda Griggs

Though previously certified in other styles of Yoga, Amanda finally gained courage to earn an Introductory II certification in Iyengar Yoga. She has studied the Iyengar method since 2003 and is currently working toward Junior I assessment. Her passion for sharing Yoga ignited in 2008 after finishing a month in drug and alcohol treatment and finding profound transformation from starting a daily Yoga practice. Amanda is dedicated to inspiring the discovery of its healing powers within us all. (507) 459-6700 - griggsamanda1@gmail.com

Grushenka Wolfgang

Grushenka was introduced to Yoga at BIYC. After attending classes and workshops, she discovered that daily yoga practice produced positive physical and mental changes. She completed a two year Iyengar Yoga teacher training program with Ray Madigan and is currently certified at the Iyengar Introductory I&II level. Grushenka seeks to help others explore the mind/body benefits of Yoga. ghiw@hawaii.rr.com

Joan Hughes

Joan emphasizes alignment and inner focus in her teaching and uses the practice of Yoga to bring balance and stability into her life. She sees Yoga as a perfect tool to draw us into the Present moment. She has completed the 200 hour Purna Yoga Certification course and is currently studying with Senior, Certified Iyengar Instructor, Ray Madigan, in the Iyengar Teacher Training course being offered at BIYC. She also serves on the Board of Directors and is the Treasurer for BIYC. (808) 769-0772

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. Joanne is currently studying with Ray Madigan in the Iyengar teacher training. (808) 315-2933.

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. She has studied with Iyengar teachers Janet MacLeod and Ray Madigan and is a certified SATYA instructor through Prajna Yoga. (808) 960-3310

Yuki Agoot

first experienced Yoga in 1992. Six years later she began a regular practice which has continued to her completing two 200 hour Purna Yoga™ Teacher Trainings. Yoga supports Yuki with life, and she realizes a deep enjoyment in helping others to discover it. (808) 640-1544

Workshops 2018

*Jennifer Weinert

Certified Purna Yoga Instructor
Back, Neck & Shoulders
Saturday, October 13
1:00 - 4:00 pm
To register contact Jennifer
808-895-0154
purnayogahawaii.com

*Ray Madigan

Intermediate Senior III Iyengar Teacher
Fall Workshop
Friday, November 16
Ongoing Education & Training
for teachers and students:
Understanding More Deeply the Relationship
Between Various Asanas
Saturday & Sunday
November 17 & 18
All Levels Asana & Pranayama
For questions:
Amanda Griggs: 507-459-6700
griggsamanda1@gmail.com

Schedule of Classes Fall 2018 (September - November)



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
visit our website:

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

Level 1: For those new to Yoga. The emphasis is on the basic principles of alignment in poses. The class concentrates on standing postures, though some seated and gentle back bending postures are introduced as well. Shoulderstand or appropriate modification may also taught.

Level 1-2: For anyone who has attended Level 1 for six months. This class provides instruction to deepen the poses learned in Level 1 and can provide a transition for those students preparing for Level 2.

Level 2: For those who have attended Level 1 for 12 months or have previous experience. Basic standing postures are refined; more complex standing postures and seated twists, more forward bends, and more backbends are introduced. Continuing instruction in shoulder stand is offered; and headstand or an appropriate substitution will be added.

All-Levels: Appropriate for beginners— with additional instruction provided for more experienced students. Basic principles of alignment in all poses are emphasized

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.

Restorative: In this practice, poses are supported by props and held for some time, emphasizing sequences to connect body, mind and breath, through sustained relaxation. In addition to our weekly classes, most other classes at the studio 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!

Big Island Yoga Center Class Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
MORNING						
8:30-10:00 <i>Purna</i> Level 1 Yuki	8:30-10:00 <i>Iyengar</i> Level 1-2 Joan	8:30-10:00 <i>Iyengar</i> Level 1 Joan	8:30-10:00 <i>Iyengar</i> Level 1 Amanda	8:30-10:00 <i>Iyengar</i> Level 2 Grushenka	8:30-10:00 <i>Iyengar</i> Level 2 Amanda	FREE CLASS 10:30-Noon Level 1- ONLY 1st Sunday of every month
10:30-Noon <i>Stretch & Restore</i> Amanda/Joan	10:30-Noon <i>Kupuna</i> Joan	10:30-Noon <i>Stretch & Restore</i> Joan	10:30-Noon <i>Kupuna</i> Joanne	10:30-Noon <i>Iyengar</i> Level 1-2 Grushenka	10:30-Noon <i>Iyengar</i> Level 1 Amanda	
AFTERNOON/EVENING						
	3:30-5:00 <i>Iyengar</i> Level 1 Grushenka			3:30-5:00 <i>Wall Ropes</i> Joanne/Kelly		
	5:30-7:00 <i>Iyengar</i> All Levels Amanda			5:30-7:00 <i>Restorative</i> Joanne		

LAST WEEK OF THE MONTH: MOST CLASSES ARE A RESTORATIVE PRACTICE.

Our Foundations

Iyengar Yoga is based on the teachings of Indian master BKS Iyengar. It emphasizes precise and careful body alignment, muscular balance, and maximum spinal extension. By using simple props, the Iyengar method helps people of any age or physical condition to practice Yoga safely and derive its benefits.

Purna Yoga is based on the teaching of Sri Aurbindo and The Mother, the Vedas, Patanjali, BKS Iyengar, and the systems of Ayurvedic, Chinese and Western nutrition, synthesized by the personal experience of Aadil Palkhivala and Savitri. Purna means “complete.”



Class Fees

Four class pass	\$54.00
Eight class pass	92.00
Sixteen class pass	175.00
Drop-In	15.00
Now accepting major credit cards	

Passes may be used for a full three months from the date of first attendance.

They are non-transferrable.

Funds from unused classes are used to support students who need financial aid.