

BIYC Teachers

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

Giuse Varni A lifelong kamaaina, 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™. (808) 443-9659

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. 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.

Joanne Murray A student of Yoga since 1993, 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. (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. Julie has also been influenced by Iyengar teachers Janet MacLeod, Bryan Legere and Ray Madigan. (808) 960-3310

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. (808) 457-7700

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. (808) 896-8956

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." im4yoga2@gmail.com

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

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." (808) 895-8216

Workshops 2018

***Denise Wendler**
Intermediate Junior Iyengar Teacher
March 31 - April 2, 2018
Contact: Reagan 808-896-8956

***MOCK ASSESSMENT DAY**
Ray Madigan
Intermediate Senior III Iyengar Teacher
Teacher Training
Volunteer Students Needed
April 6, 2018
Contact: Reagan 808-896-8956

***Janet MacLeod**
Intermediate Junior III Iyengar Teacher
May 19 - 22, 2018
Contact: Joan 808-769-0772

Schedule of Classes Spring 2018 (March - May)



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

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. Back-bends 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 Practice™: "Purna" means complete. Purna Yoga™ offers wisdom and techniques for the union of the body and the mind with the spirit. Purna Yoga™ is the art of loving yourself by living from the heart." This class infuses asana (physical postures) with meditation, yoga philosophy and nutrition for a truly complete practice. This class is taught by Yuki 808-640-1544 during the Spring and Fall Schedules and is appropriate for all levels.

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, restorative poses can alleviate stress, fatigue and insomnia and can promote a sense of well-being. In addition to our weekly classes, most other classes at the studio offer restoratives at the last class of each month.

SATYA & Asana: This class focuses on a combination of Asana and Sensory Awareness Training for Yoga Attunement (SATYA) as created by Tias Little and Prajna Yoga. All the SATYA movements are done on the floor in a flowing fashion, without force. These movements cultivate inner listening and heighten proprioceptive awareness. By training

Big Island Yoga Center Class Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
MORNING						
8:30-10:00 <i>Level 1</i> Yuki	8:30-10:00 <i>Level 2</i> Joan	8:30-10:00 Yoga Basics Yuki	8:30-10:00 Purna Practice Yuki	8:30-10:00 <i>Level 2-3</i> Reagan	8:30-10:00 <i>Level 2</i> Reagan	FREE CLASS 10:30-Noon <i>Level 1-ONLY</i> 1st Sunday of every month
Stretch & Restore 10:30-Noon Julie	Kupuna Yoga 10:30-Noon <i>Level 1</i> Joan	Stretch & Restore 10:30-Noon Julie	Kupuna Yoga 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	
AFTERNOON/EVENING						
		SATYA & Asana 12:30-2:00 Julie (call to confirm)				
	3:30-5:00 <i>Level 1</i> Grushenka	Intro to Wall Ropes 3:30-5:00 Yuki	3:30-5:00 <i>All-Levels</i> Joanne	Wall Ropes 3:30-5:00 <i>All-Levels</i> Joanne		
Hatha Flow 5:30-7:00 <i>Level 1-2</i> Giuse		Stretch & Restore 5:30-7:00 Yuki		Restorative 5:30-7:00 <i>All-Levels</i> Joanne		

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

the field of our sensory-motor system, by listening and developing a more receptive mind, we tap into the body-mind's innate intelligence and capacity to heal. Julie is our certified SATYA teacher. This is not a drop-in class. To register or for more information, please call Julie at 808-960-3310

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.

Introduction to Wall Ropes: Learn how to practice asana with the Great Yoga Wall™. This class introduces you to the system - how to place the ropes in the wall, which ropes to use for what asana, and how to safely enter and exit postures. The Great Yoga Wall™ is the ultimate prop for your practice!

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

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 and unused classes will be forfeited.