

# Iyengar Yoga Classes (Non-Credit)

**Taught by Robert Gadon**

**Cecil College**

*Elkton Station campus*

107 Railroad Avenue

Elkton, MD 21921

Room 216 (Dance Room)



## Winter & Spring 2010 SCHEDULE (Thursday evenings. Consecutive 6-week sessions.)

**Winter session: January 21 – February 25**

**Spring I session: March 4 – April 8 • Spring II session: April 15 - May 20**

Level II (Continuing class) 5:45 - 7:15 P.M. *Non-credit Course No. GFN 171*  
Level I (Beginning class) 7:30 – 9:00 P.M. *Non-credit Course No. GFN 170*

**Preregistration required with Cecil College.** Students may enroll for a session through the second week of class. No admission to class after the second week. Students must reenroll for the following session to continue in class.

**Register:** Mail, Fax, Phone (410-287-1078), or in person at Elkton Station registration office during business hours. Credit cards accepted. Consult the college's Schedule of Non-Credit Classes, Spring 2010 for details.

**Fees: \$75.00/class.** MD residents who live outside the County: + \$10/class. Non-MD residents: + \$20/class.

### **About the classes:**

**Hatha Yoga Level I (Beginning)** – suitable for people with little or no experience in the practice of yoga. Learn postures (asanas) to improve flexibility, strength, and balance. Yoga postures increase body/mind awareness, one's energy level, and help manage stress. This class may be repeated until students feel ready to attend the continuing level class.

**Hatha Yoga Level II (Continuing)** – suitable for students who have completed two Level I class series in the past year or have at least 3 months experience practicing hatha yoga. The class will refine the material presented in the beginning course, and introduce students to advanced postures that include balancing, twisting, and upside down poses.

### **About the Instructor:**

**Robert Gadon** has practiced Iyengar yoga since 1997 and taught since 2004. His teaching is thoughtful, precise, challenging, and fun. Robert is a graduate of the Iyengar yoga teacher training program at Studio Yoga in Madison, NJ directed by Theresa Rowland. Iyengar yoga is named for B.K.S. Iyengar of Pune, India, the world's foremost living teacher of hatha yoga.

**For more information about  
Robert and these classes:  
Web: [www.lifeisastretch.com](http://www.lifeisastretch.com)  
Phone: 302-792-7230**

