**Iyengar Yoga Summer Intensive (In person!)**

 ***with***

**Lois Steinberg, Ph.D., CIYT 4, C-IAYT**

**Monday July 29 – Sunday August 4, 2024**

**Iyengar Yoga Champaign Urbana**

**407 W Springfield Ave., Urbana, IL 61801-8810 USA**

**Phone: (217) 344-9642 www.yoga-cu.com info@yoga-cu.com**

**Fee: $500. No proration if missing any portion of the intensive.**

**31 hours CE**

*For dedicated Iyengar Yoga practitioners to deepen practice, skills, and knowledge. Minimum five years study in Iyengar Yoga under the guidance of a CIYT. Therapy issues will not be addressed.*

**Schedule: Topics and times subject to change.**

**Mon, Jul 29** IYCU will be open at 9:00 AM for personal practice time.

2:00 – 2:30pm Introductions

2:30 – 3:30pm Pranayama

 4:00 – 6:00pm Asana

**Tues, Jul 30** 9:00 am – 12:00pm Asana

 3:30 – 4:30pm Pranayama

5:00 – 6:30pm Asana

**Wed, Jul 31** 9:00 am – 11:30pm Asana

2:30 – 4:30pm Peer teaching. Optional. Teach one pose to peers. Lois will evaluate.

5:30 – 6:30pm Inversion adjusting.

**Thu, Aug 1** 9:00 am – 11:30pm Asana

12:30pm Crystal Lake Pool! Waterslides, lap lanes, diving board, fun!!!

$8 C-U Residents, $10 Non-residents

6:30pm Potluck at Lois’, fire pit, fun, weather permitting!!!

**Fri, Aug 2** 9:00 am – 12:00pm Asana

 3:30 – 4:30pm Pranayama

5:00 – 6:30pm Asana

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**Sat, Aug 3** 9:00 am – 12:00pm Asana

 2:00 – 3:30pm Q & A

4:00 – 5:30pm Pranayama

**Sun, Aug 4** 9:00 – 11:30 am Asana

Check the web site www.yoga-cu.com for directions to IYCU and eating establishments.