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### **Tai Chi, Barre, Pilates, Yoga, & PiYo**

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Ghn@louisville.edu Tai Chi, Barre, Pilates, Yoga, & PiYo ... Tai Chi Studio B  
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Yoga Is A 5000-year-old Tradition Practiced Differently In Different Parts Of The World. In This Country, The Emphasis In Yoga Is Largely On The Body And The Asanas, Or Physical Postures, Though The Spiritual Tradition Might Interest Your Feb 2th, 2024

### **YOGA/PILATES NOVEMBER SCHEDULE**

10:30-11:45 Gentle Yoga 1 Marsha S2 12:00-1:00 Cirq-It Pilates 1 Analia PS  
12:00-1:00 Yoga With Weights 2/3 Sarah B S2 12:00-1:00 Deep Stretch 1 Linda ES  
4:30-5:45 Gentle/Restorative Yoga 1 Paige ES 5:30-6:30 BarrePOWER 1 Sarah B S2  
6:00-7:00 Hatha Yoga 1 Kirsten ES 8:00-9:00 Hip Hop Heated Yoga 2 Chelsey S2  
Mar 1th, 2024

### **YOGA/PILATES JANUARY SCHEDULE**

10:30-11:45 Gentle Yoga 1 Marsha S2 12:00-12:55 Pilates For Men 1 Analia PS  
12:00-1:00 Yoga With Weights 2/3 Sarah B S2 12:00-1:00 Deep Stretch 1 Linda ES  
2:00-3:00 Adaptive Yoga 1 Jennifer ES 4:30-5:45 Gentle/Restorative Yoga 1 Paige ES  
5:30-6:30 BarrePOWER 1 Sarah B S2 6:00-7:15 Hatha Yoga 1 Kirsten ES 8:00 Feb 3th, 2024

### **B.K.S. IYENGAR YOGA LIGHT ON YOGA**

Following Dr Geeta S. Iyengar S European Tour In April And May 2002, Judith Jones Interviewed Her For Iyengar Yoga News On 25th August 2002 In The Library Of The Ramamani Iyengar Memorial Yoga Institute In Pune, India. In This Issue Of IYN We Are Publishing The Second Of Three Instalments. Apr 2th, 2024

### **YOGA And The MENOPAUSE - Bath Iyengar Yoga Centre**

Iyengar Yoga News 8 - Spring 2006 20 WHAT IS MENOPAUSE? The Menopause Is Defined As The Time When The Periods Don't Occur For 9 Months At A Stretch. It Usually Occurs Between 40 And 50 Years Of Age. Irregular Periods And Less Abundant Periods Are Signs Of Its Onset. Pre-menopause Is The Time Of Life Between Having Regular Periods And The ... Mar 4th, 2024

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Afflictions Arising Through Self–abuse And Self–infections Are Adhyatmika. Physical And Organic Diseases Are Caused By An Imbalance Of The Elements In The Body (earth, Water, Fire, Air And Ether) Which Disturbs Its Correct Functioning. ... Hatha Vidya Was Set Down In The Hatha Yoga Pradipika By Yogi Svatmarama Who, It Is Thought, Lived ... Mar 4th, 2024

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Little Flower Yoga Is Dedicated To Bringing The Life Skills Of Yoga And Mindfulness To Children And Families In Developmentally Appropriate Ways, In A Joy-filled Environment. LFY Serves Thousands Of Students In School And Community Based Programs, Trains Children's Yoga Teachers Around The Country, Jan 3th, 2024

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