

1132 Koko Head Avenue
Honolulu, HI 96816



IYENGAR YOGA

SILENT DANCE CENTER

Visit our website to register for classes, see the most up-to-date schedule, and find out about our workshops and special events.

www.iysdc.org

	MON	TUE	WED	THU	FRI	SAT	SUN
7:30 am		Level 1A Chris <i>Hybrid</i> (60 mins)	Level 1A Sandi <i>Online</i> (60 mins)	Level 1A Laurie <i>Online</i> (60 mins)	Level 1A Glenn <i>Online</i> (60 mins)	Level 1A Deb <i>In-Person</i> (60 mins)	Level 2 Gwi-Seok <i>Hybrid</i> (90 mins)
8:00 am	Level 1B Laurie <i>Online</i> (75 mins)						
9:00 am	Level 1A Sandi <i>In-Person</i> (60 mins)	All Levels Gwi-Seok <i>In-Person</i> (90 mins)	All Levels Glenn <i>In-Person</i> (90 mins)	All Levels Laurie <i>In-Person</i> (90 mins)	All Levels Glenn <i>In-Person</i> (90 mins)	Level 2 Chris <i>Hybrid</i> (90 mins)	
9:30 am							Level 1B Chris <i>Hybrid</i> (75 mins)
11:00 am	Level 1A Glenn <i>Online</i> (60 mins)		Level 1A Glenn <i>In-Person</i> (60 mins)	Iyengar Yoga for Trauma & Recovery Catherine <i>Online</i> (60 mins)	Level 1A Ann-Marie <i>In-Person</i> (60 mins)	Level 1A Ann-Marie <i>In-Person</i> (60 mins)	
11:30 am							Gentle Deb <i>In-Person</i> (60 mins)
4:00 pm	Level 1B Gwi-Seok <i>Hybrid</i> (75 mins)				Restorative Chris <i>Online</i> (75 mins)		FREE First Sundays Gwi-Seok <i>In-Person</i> (60 mins)
4:30 pm		Level 1A Ann-Marie <i>In-Person</i> (60 mins)					
5:30 pm			Level 2 Chris <i>Hybrid</i> (90 mins)				Level 1A Gwi-Seok <i>In-Person</i> (60 mins)

Iyengar Yoga is for Everybody

Iyengar Yoga is a profound, intelligent, and transformative practice.

Iyengar Yoga Silent Dance Center (IYSDC) offers in-person and online yoga classes in a welcoming and supportive 'Ohana of rigorously trained teachers and dedicated students.

Our classes serve a wide range of abilities and also include gentle, restorative, yoga therapy, yoga for teens, Introduction to yoga series, and other special yoga classes and workshops.

Our beautiful, well-equipped studio includes many custom-made wooden props, a bar, a platform and a yoga rope wall.

We are a 501(c)(3) non-profit educational organization and have been teaching Iyengar Yoga in Honolulu since 1977-- proudly serving the Kaimuki neighborhood for over 23 years.

Come discover the joy of Iyengar Yoga!

New Student Special

3 classes for \$30*
*Kama'āina offer

Free Intro Class!

First Sundays
of Month
4:00–5:00 p.m.

Kirtan

First Tuesdays
of Month
6:30–7:15 p.m.

