



Introduction to Iyengar Yoga with Holly Hughins

Class: Saturdays 9:45 – 11:00 am

Iyengar Yoga emphasizes correct alignment of all parts of the body within each yoga *asana* (posture). It is one of the world's most widely-practiced Hatha forms, developed by the great teacher, B.K.S. Iyengar. This precise and focused approach builds strength and stamina, balance and flexibility, and a profound sense of well-being. Iyengar Yoga is meditation in action; the practitioner learns to exist fully and vibrantly in the present moment. Beginners are welcome, as well as those wishing to further their yoga practice.

Students of Iyengar Yoga begin with elementary postures, with an emphasis on the standing *asanas* (postures). In time, other postures are added, including forward bends and back bends, twists, inversions and restorative poses. *Salamba Sarvangasana* (Shoulder Balance) known for its' therapeutic benefits, is introduced as soon as the teacher decides the student is ready. Each class ends with *Savasana* (corpse pose). Students learn to rest in a reflective way, experiencing deep relaxation, and completely releasing the body while drawing the mind towards the peace within.

Holly Hughins has been practicing Iyengar yoga for over 10 years with senior Iyengar Yoga teacher, Kofi Busia. Holly moved to the desert from Santa Cruz, CA in October of 2007. Holly's interest in Yoga came about from a need to stay fit and flexible in order to participate in sports. Gradually the other sports waned and her interest in yoga became her primary focus. Holly traveled to Pune, India in 2008 to study directly with the Iyengar family. She continues to deepen her immersion in Iyengar Yoga under the tutelage of Cathy Rogers Evans in San Diego. Holly looks forward to sharing her love and knowledge of the many healing benefits of Iyengar Yoga with her students.
