

Ongoing

ISHTA YOGA

Meg McCreery has been teaching Ishta yoga at the Be Yoga studio in Tokyo for four years and now shares the physical and emotional benefits of yoga with Members at the Club.

The Ishta style of yoga was created by Alan Finger, a second-generation yoga master and yoya practitioner for more than 40 years. Derived from the Sanskrit word for "individual," Ishta yoga encourages students to develop a correct and safe practice suited to their own needs.

Students of Ishta yoga are also encouraged to move at their own pace in a relaxed and nurturing environment. Vinyasa, the linking of breathing to movement, is a fundamental aspect of classes, which end with meditation practice. The class is 75 minutes.

Instructor: Meg McCreery
 Certified by: Be Yoga Japan (December 2003)



Class Schedule

	Age	Day	Time	Rm	Monthly Fee (Based on 4 classes)
Ishta Yoga	Adult	Wed	10:00–11:15 a.m.	Studio	¥10,000

* Please note that monthly fees for classes are based on four lessons a month. If a class is held more or less than four times, your fees will be adjusted accordingly.