



Monday, November 24, 2025

Discover Iyengar Yoga: Beginner's Series in Chelsea, NYC

Company: Iyengar Yoga Institute of New York
Compensation: n/a

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iyengarnyc.org	
Iyengar Yoga Beginner's Series with Sophis Martinez	SATURDAYS, DECEMBER 6, 13 & 20 10:15 - 11:30 AM
	In Person at the Iyengar Yoga Institute of New York: 150 W 22nd St, 2nd Fl, New York, NY 10011
 Register: bit.ly/4a1py6S	

Profound, intelligent, and transformative, Iyengar Yoga is for every age, body type, and fitness level. Iyengar Yoga provides practical tools to create and maintain bodily health and vitality, mental clarity, emotional serenity, and spiritual well-being.

We invite you to discover Iyengar Yoga through our Beginner's Series at the Iyengar Yoga Institute of New York!

DECEMBER BEGINNER'S SERIES

Dates: Saturdays, December 6, 13 & 20 (3-week series, no drop-ins)

Time: 10:15 - 11:30 AM

Cost: \$50

This progressive 3-week series launches the foundation and covers the basic postures and actions taught in Level 1 classes - for new students or those returning after a long break.

Taught by: *Sophis Martinez (They/Them)*

Sophis Martinez is a Certified Iyengar Yoga Teacher based in New York City and a faculties member of the Iyengar Yoga Association of Greater New York.

They say, "Yoga philosophy presents us with a timeless wisdom, and the yogic practices bring this wisdom to life. It creates a refuge within ourselves that allows us to be fully present and engaged with the world."

They apprenticed with Theresa Rowland from 2008 to 2014 at Studio Yoga in Madison. And became a Certified Iyengar Yoga Teacher in 2014. They are inspired by the teachings of B.K.S. Iyengar and continue following the lineage.

Register: [Beginner's Series - In-Person with Sophis Martinez](#)

Come and see for yourself why so many dancers, musicians, and actors among our teachers and students find Iyengar Yoga both enriching and enjoyable!

Learn more about Iyengar Yoga: iyengarnyc.org.

Iyengar Yoga Institute of New York

For more information:
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[< back](#)

[previous listing](#) • [next listing](#)