

Thursday, February 5, 2026

Iyengar Yoga Beginner's Series in Chelsea, NYC

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

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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!

FEBRUARY BEGINNER'S SERIES

Dates: Saturdays, February 7, 14 & 21 (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: James Murphy

James Murphy began practicing Iyengar Yoga in 1988 and was an integral part and founding member of the first Iyengar Yoga Institute of New York in 1992. He has made over 25 extended trips to India to study with B.K.S. Iyengar and Prashant and Geeta Iyengar. James began his study of Iyengar Yoga with Mary Dunn and Kevin Gardiner after a ten-year career with the Alwin Nikolais Dance Theater.

Certified at Level 4, James teaches a full range of classes - from Level 1 to Level 4, Specific Needs, and a free weekly class for the LGBTQ+ community. He mentors and trains aspiring teachers through the Institute's Teacher Education program. Through rhythm and sequencing, James creates an experience of integration in his classes that is both challenging and sensitive to the subtler aspects of the practice.

Register: [Beginner's Series - In-Person with James Murphy](#)

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
150 W 22nd St 2nd Floor
New York, NY, 10011
212-691-YOGA (9642)
iyengarnyc.org

For more information:
Svetlana Khenkina
svetlana@iyengarnyc.org

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