Welcome to the Yoga 108 community!

What is Iyengar Yoga? It is a method of hatha yoga taught in the tradition of the late BKS Iyengar of Pune, India. Our classes make use of yoga props to help all students understand their personal postural habits and learn how to improve them.

Where are you overly tight and strong? Where do you need flexibility and strengthening? How can you learn this if you are not naturally flexible? We teach you how to overcome limitations to achieve success. Along the way, you can:
- tone your body,
- tune your mind
- REDUCE your stress

Three Locations:

- My primary studio is The City Studio, #8 North Newstead 63108. Here we have a Yoga Rope Wall (photo above) and all the props needed to complete a class
- My secondary studio is in my home at 4429 Laclede, also with a Yoga Rope wall and full set of props
- Once each week I teach a beginner’s class at the Forest Park Visitor’s Center near the History Museum where all props are also provided

Washington University Students, Faculty and Staff enjoy a 50% DISCOUNT off the student or non-student price of their first 10-week session.

To learn more about what Yoga 108 has to offer, contact Jane Fitzgerald at 314-680-2929.