

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
09:45 11:15	<b>Beginners/ General 1</b> Indira Lopez-Bassols	09:45 11:15	<b>General 2</b> Peter Kosasih	09:45 11:15	<b>General 1</b> Inbal Gatt	09:45 11:30	<b>Intermediate</b> Indira Lopez-Bassols	09:45 11:15	<b>General 1</b> Victoria Bridges	09:30 11:00	<b>General 1</b> Janette Browne	09:15 10:45	<b>General 1</b> Anita Phillips/ Sara Haglund
11:30 12:45	<b>Gentle Yoga</b> Indira Lopez-Bassols									11:15 12:30	<b>Introductory 6-Week Course*</b> Janette Browne	<b>Yoga Workshops</b> For a list of upcoming events go to our Workshops page on <a href="http://iyyoga.com">iyyoga.com</a> or enquire in the studio.	
18:15 19:45	<b>General 1</b> Danuta Cockton	18:15 19:30	<b>Beginners/ General 1</b> Annie Rossi	18:00 19:15	<b>Pregnancy Yoga*</b> Karen Dunne	18:30 19:45	<b>Introductory 6-Week Course*</b> Valentina Marconi	18:30 19:45	<b>Restorative</b> Valentina Marconi/ Janette Browne				
20:00 21:15	<b>Introductory 6-Week Course*</b> Anita Phillips	19:45 21:30	<b>General 2</b> Annie Rossi	19:30 21:00	<b>General 2</b> Karen Dunne	20:00 21:30	<b>General 1</b> Anne Lawless						
<p><b>*Please note:</b> Classes &amp; Courses marked with asterisk must be pre-booked.  <b>†Concessions:</b> Full-time students, State pension holders, 65+, Job Seekers Allowance, Disability Living Allowance or Personal Independence Payment claimants. Proof of status MUST be shown. Pre-booked courses, classes and workshops are exempt.</p>													

## Class Fees & Yoga Cards

Class Length	Single Class	6 Class Card	12 Class Card
<b>Up to 1hr 15 mins</b>	£13	£68	£130
<b>Up to 1hr 30 mins</b>	£14	£74	£140
<b>Over 1hr 30 mins</b>	£15	£80	£150
<b>Pregnancy Yoga*</b>	£15	£75	–
<b>Concessions†</b>	£13	£67	£129

Class cards are valid for 2 months 4 months

## Yoga Courses

Course Length	Course Price
<b>Introductory 6-Week Course*</b>	£60

Course classes unattended are not refundable or transferable.

## Essential Information

- ◆ The Studio is fully equipped
- ◆ Wear non-restrictive clothing
- ◆ Please mention any medical/health issues or injuries to the teacher before a class
- ◆ Do not eat anything substantial for two hours before a class

## Class Descriptions

### Introductory 6-week Course\*

For absolute beginners. It is recommended to do 2 or 3 courses before moving on to other classes.

### Beginners/General 1

Suitable for those coming through the introductory course or for people returning to Iyengar yoga after an absence or for those familiar with other types of yoga.

### General 1

These classes develop a deeper understanding of Iyengar Yoga, with poses held for longer and there is a regular practice of inversions.

### General 2

For those who are more experienced and are working towards intermediate poses. A regular practice of the core poses is essential, as the classes will feature intermediate poses.

### Intermediate

With a minimum of five years regular Iyengar practice, students should maintain a stable head and shoulder balance for over 6 minutes. Poses are more advanced, so a well-established personal practice and a good understanding of preparatory poses is essential.

### Gentle Yoga

For those who need to practice at a slower pace, such as students who are older or stiffer.

### Restorative Yoga & Pranayama

This class is suitable for those with an established regular asana practice.

### Pregnancy Yoga\*

Please enquire by email or within the studio. Pre-booking required.

