

IY Yoga Class Timetable

Effective 1 Apr 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
09:45 11:15	Beginners/ General Laura Tuggey	09:45 11:15	General Ursula Schoonraad	09:45 11:15	General Laura Tuggey	09:45 11:30	Intermediate Indira Lopez-Bassols	09:45 11:15	General Victoria Bridges	09:30 11:00	General Janette Browne	09:15 10:45	General Tehira Taylor/ John Shirbon
11:30 12:45	Gentle Yoga Laura Tuggey					12:00 13:00	Beginners/ General Valentina Marconi (from 20th April)			11:15 12:30	Beginners/ General Janette Browne	Yoga Workshops For a list of upcoming events go to our Workshops page on iyyoga.com or enquire in the studio.	
18:15 19:45	General Danuta Cockton	18:15 19:30	Beginners/ General Annie Rossi	18:00 19:15	Pregnancy Yoga* Indira Lopez-Bassols	18:30 19:45	Introductory 6-Week Course* Sara Haglund	18:30 19:45	Restorative Valentina Marconi /Indira				
20:00 21:15	Introductory 6-Week Course* Tehira Taylor	19:45 21:30	Intermediate Annie Rossi	19:30 21:00	General Karen Dunne	20:00 21:30	General Anne Lawless						
<p>*Please note: Classes & Courses marked with asterisk must be pre-booked. †Concessions: Full-time student (Under 25), 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
Up to 1hr 15 mins	£13	£68	£130
Up to 1hr 30 mins	£14	£74	£140
Over 1hr 30 mins	£15	£80	£150
Pregnancy Yoga*	£15	£75	–
Concessions†	£13	£67	£129

Class cards are valid for 2 months 4 months

Yoga Courses

Course Length	Course Price
Introductory 6-Week Course*	£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 a Beginners/General class.

Beginners/General

These classes are suitable for those coming through the Introductory course. They are also appropriate for people returning to Iyengar Yoga after an absence or for those familiar with other types of yoga.

General

Aimed at those with a good grounding in Iyengar Yoga. Varied and stimulating, with poses from the National Introductory Teaching syllabus.

Intermediate

Minimum of three years regular Iyengar practice necessary and you should maintain a stable head and shoulder balance for over 5 minutes. Teacher will advise if this class is not suitable.

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. Usually a minimum of 6 months experience required.

Pregnancy Yoga*

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



 @IYYogaStudio

 Iyengar Yoga Studio Tooting



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