

IY Yoga Class Timetable

Effective 4th January 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
09:45 11:15	Beginners/ General 1 Indira Lopez-Bassols	09:45 11:15	General 2 Peter Kosasih	09:45 11:15	General 1 Inbal Gatt	09:45 11:45	Intermediate Indira Lopez-Bassols	09:45 11:15	General 1 Victoria Bridges	09:30 11:00	General 1 Janette Browne	09:15 10:45	General 1 Anita Phillips/ Sara Haglund
11:30 12:45	Gentle Yoga Indira Lopez-Bassols									11:15 12:30	Introductory 6-Week Course* 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 1 Danuta Cockton	18:15 19:30	Beginners/ General 1 Annie Rossi	18:00 19:15	Pregnancy Yoga* Karen Dunne	18:30 19:45	Introductory 6-Week Course* Valentina Marconi	18:30 19:45	Restorative Valentina Marconi/ Janette Browne				
20:00 21:15	Introductory 6-Week Course* Anita Phillips	19:45 21:30	Intermediate Annie Rossi	19:30 21:00	General 2 Karen Dunne	20:00 21:30	General 1 Anne Lawless	*Please note: Classes & Courses marked with asterisk must be pre-booked. †Concessions: 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.					

Class Fees & Yoga Cards

Class Length	Single Class	6 Class Card	12 Class Card
Up to 1hr 15 mins	£13	£70	£132
Up to 1hr 30 mins	£14	£75	£142
Over 1hr 30 mins	£15	£80	£150
Pregnancy Yoga*	£15	£75	–
Concessions†	£13	£68	£130

Class cards are valid for 2 months 4 months

Yoga Courses

Course Length	Course Price
Introductory 6-Week Course*	£63

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



Iyengar Yoga Studio | Tooting | London

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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.

www.iyyoga.com | tel: 020 8355 3498 | email: enquiries@iyyoga.com

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