



Iyengar Yoga Studio West Bridgford Spring / Summer 2018

52 Albert Rd West Bridgford Nottingham NG25GS

[www.iyogawestbridgford.uk](http://www.iyogawestbridgford.uk)

*Weekly yoga classes, & events for beginners, intermediate students and teachers, held in our hand built, artist designed, fully equipped Iyengar Yoga studio*

### **Iyengar Yoga Introductory Level 2 Mondays 5.00–6.30pm – Isabel & Geoffrey**

For those who have attended Iyengar Yoga classes regularly for at least 18 months. Students will be expected to know how to practice sarvangasana (shoulder stand) with Iyengar Yoga equipment.

Sept 10, (17 no class) 24, Oct 1, 8, 15, 22, 29, (Nov 5 no class), 12, 19, 26, Dec 3, 10

£12 per class. Drop in but confirm availability

### **Iyengar Yoga Introductory Level 2 Mondays 6:40–8:10pm – Isabel & Geoffrey**

For those who have attended Iyengar Yoga classes regularly for at least 18 months. Students will be expected to know how to practice sarvangasana (shoulder stand) with Iyengar Yoga equipment.

Sept 10, (17 no class) 24, Oct 1, 8, 15, 22, 29, (Nov 5 no class), 12, 19, 26, Dec 3, 10 class, 17th Dec Class and Xmas social

£130 for 13 classes Booking Essential

### **Iyengar Yoga Intermediate Level 2 Tuesdays 6.30–8.30pm – Isabel**

For those who have attended Iyengar Yoga Classes regularly for 3 years or more, with a commitment to home practice. Students will be expected to practice of sarvangasana (shoulder stand) & sirsasana (head stand)

Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, (Nov 6 no class), 13, 20, 27, dec 4, 11

£156 for 13 classes. Booking Essential

### **Iyengar Yoga Introductory Level 2 Thursdays 10.00–11.30am – Isabel**

For those who have attended Iyengar Yoga classes regularly for at least 18 months, or by permission of the teacher. Students will be expected to know how to practice sarvangasana (shoulder stand) with correct equipment.

Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, (Nov 8 no class), 15, 22, 29, dec 6, 13,

£12 per class. Drop in Class – please confirm availability

### **Iyengar Yoga Introductory Level 1 Thursdays 6.30–8.00pm – Geoffrey**

For adult beginners, or newcomers to the Iyengar Yoga method. Students are introduced to the correct alignment and practice of the introductory asanas (postures), and how to use equipment to improve strength, stamina and flexibility.

Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, (Nov 8 no class), 15, 22, 29, Dec 6, (13<sup>th</sup> no class),

£120 for this 12 week course. (Half course booking for 6 consecutive weeks available = £66)

### **Iyengar Yoga Intermediate Level 1 Saturdays 9.30–11.00pm – Geoffrey**

For those who have attended Iyengar Yoga Classes regularly for more than 2.5 years or by permission of the teacher. Students will be expected to be able to practice sarvangasana (shoulder stands) and sirsasana (head stand).

Sept 8, 22, 29, Oct 6, 13, (20<sup>th</sup> no class) 27, Nov 3, (10<sup>th</sup> no class), 17, 24, Dec 1, 8,

£12 per class. (Drop in Class – please confirm availability)

### **Start the New Year Positively with Yoga: Sat 29<sup>th</sup> Dec – Tues 1<sup>st</sup> Jan 2019**

A 4 day yoga intensive set in our fully equipped Iyengar Yoga home studio, led by Isabel. With a programme designed to help students restore energies & invigorate the system, building up joy & resilience. The programme includes Asana, Pranayama, Philosophy and chanting/music. Also after New Years Eve yoga, there will be a friendly supper of homemade soup and our sourdough bread for those who would like it. Full programme includes.15 hrs yoga: Sat, Sun, Mon, Tues 9.30 – 12.00 am, Sat, Sun & Mon 5.30 – 7.00pm.

\* Options for attending part of the weekend for those who can't leave their responsibilities just get in touch!

£155 (£50 Deposit reserves a place)

To book all classes & events contact: [isabel@movement4health.co.uk](mailto:isabel@movement4health.co.uk) or [geoffrey@movement4health.co.uk](mailto:geoffrey@movement4health.co.uk)

Cheques payable to: Isabel Jones, or bacs transfer to Isabel Jones Lloyds TSB, sort code: 30 18 98, Account number 00099091

Reference: Own Initials then IYSWB. Could you let us know if you make a transfer.