

Iyengar Yoga Institute Maida Vale

Upcoming Workshops

In April we welcome back Stephanie Quirk from the Ramamani Iyengar Memorial Yoga Institute in Pune. Stephanie is originally from New Zealand, but has been living in Pune and working closely with the Iyengars for more than 10 years. This intermediate level workshop will focus on pranayama.

April 9 (Bank Holiday Monday) 10.00am – 1.00pm	General Yoga Workshop Patsy Sparksman	£22
April 21 (Saturday) 10.00am – 4.00pm	Intermediate Yoga Day* Stephanie Quirk	£45
May 7 (Bank Holiday Monday) 10.00am – 1.00pm	Beginners Yoga Workshop Barbara Norvell	£18
May 20 (Sunday) 10.00am – 2.00pm	Intermediate Yoga Workshop Silvia Prescott	£30
May 28 (Bank Holiday Monday) 10.00am – 1.00pm	General Yoga Workshop Marco Cannavo	£22
<i>Workshops beyond May</i>		
June 16 (Saturday) 10.15am - 1.15pm	Beginners Yoga Workshop Rosemary da Silva	£18
June 26~28 (Tue~Thu) 7.30am – 9.30am	Early Morning Classes (General Level) Pixie Lillas	£11/class
June 30 (Saturday) 10.00am – 4.00pm	Intermediate Yoga Day* Pixie Lillas	£45
July 15 (Sunday) 10.00 – 1.00pm	General Yoga Workshop Judy Lynn	£22
July 21 (Saturday) 10.15am - 1.15pm	Beginners Yoga Workshop Marco Cannavo	£18

**Students must be able to hold a five minute sirsasana, to push up into urdhva dhanurasana and to go into adho mukha vrksasana unassisted.*

Workshops are available to members only (1 day membership available at £5). Members can book 2 months before the event. No deposits, refunds or transfers.

Easter Timetable 2007

Good Friday, 6 April	10.00am – 11.30am 12.00pm – 1.30pm	Beginners General	Judy Lynn Judy Lynn
Saturday, 7 April	8.15am – 9.45am 8.30am – 10.00am 10.00am – 12.00pm	Beginners General Intermediate I	Amparo Rodriguez Ofra Graham Judy Lynn
Easter Sunday, 8 April	10.00am – 12.00pm 12.15pm – 1.45pm	Intermediate 1 Beginners/General	Alaric Newcombe Alaric Newcombe
Easter Monday, 9 April	10.00am – 1.00pm 10.00am – 11.30am	General Workshop Beginners	Patsy Sparksman Juliet Byrne

News/notices

Staff news

Richard Brown who has been working with us for the last eight and a half years has decided to retire. He will however still be providing reception cover and doing various maintenance jobs for us, so you will still see him round the building from time to time.

We now have a new receptionist, Louisa Kenyon, who started in February. She has been working in various yoga centres and returned to London from Australia last year. Please join us in welcoming Louisa to the Iyengar Yoga Institute!

Lunchtime Classes

As most of you already know, we have recently started running lunchtime classes 1.30 to 2.30pm on Mondays, Tuesdays and Thursdays. Now that spring is here, why not spend your lunchtime doing an hour of yoga?

As a special introductory offer, we are offering a free lunchtime class to any member who brings a paying guest.

Minimum Spend on Credit Cards - £10

As an organisation we try to keep the cost of our classes as low as possible. This is achieved by keeping a tight control on our administration and expenditure. We have to pay up to 3.25% on every credit card transaction to the card processing company. It is for this reason we have a policy of a minimum spend limit of £10 per transaction.

Please help us to keep our costs, and thereby the cost to you down, by paying by cash or cheque (with bankers card) for single class transactions or even better still by buying a yoga card!

With a yoga card you get a free class and you can also use the Fast Track system! Cheaper, faster and much easier all round.

Fast Track Card Collection

We are beginning to build up a small collection of membership and yoga cards at reception due to students leaving them behind after classes. Please remember to collect your cards after the class.

From now on when the reception is closed before the end of the last class of the day, your processed cards will either be handed to the teacher or left in a perspex box just by the studio door.

Equipment

As most of you are aware by now, we have rearranged the layout of equipment in the studios, which has been generally well received. In order to keep the studios tidy, please make sure that all the equipment is put back in the right places after use. Please also note that bolsters are to be kept in the equipment room and any overflow should be kept in Studio 1 only, not in Studio 2. We are aware of the shortage of equipment during busy periods, and will be purchasing more equipment in due course.

Just so you know!

Until mid August Maida Vale underground station will be closed from 10pm to 5.30am everynight except Saturdays for major works. This is unlikely to affect you unless you leave the Institute later than 9.45pm.

Book Sale

A selection of books are now on sale at a discounted price, including many books direct from India. Stock is limited so get your books now!

Alpha and Omega of Trikonasana	£4.99 (was £6.99)
Art of Yoga	£5.99 (was £10.95)
Astadala Yogamala Vol. 1, 2 & 5	£6.99 each (was £11.95)
Class after a Class	£2.50 (was £3.95)
Guruji Uwach	£3.50 (was £4.99)
Health Through Yoga	£11.99 (was £14.99)
How to Use Yoga	£7.99 (was £11.99)
Inner Beauty Inner Light	£10.99 (was £14.99)
Iyengar Yoga	£10.99 (was £14.99)
A Matter of Health	£19.99 (was £24.95)
Path to Holistic Health	£18.99 (was £25.00)
Understanding Yoga Through Body Knowledge	£6.99 (was £9.95)
Yoga for Children	£7.99 (was £9.95)
Yoga Explained	£10.99 (was £14.99)
Yogadhara	£8.99 (was £11.95)

Class news

New Early Morning Beginners/General with Amparo Rodriguez

Wednesdays, 7.15am – 8.45am
Starting on 25 April

Lunchtime Classes

New lunchtime classes are as follows:
Mondays, 1.30pm – 2.30pm with Isabelle Khellafi
Tuesdays, 1.30pm – 2.30pm with Karen Long
Thursdays, 1.30pm – 2.30pm with Megan Inglesent

Intermediate Class with Richard Ward: Thursdays, 11.45am – 1.45pm

Current term runs to 5 April (no class 22 February)
Following term: 19 April to 26 July (no class 31 May)

Pranayama Class with Silvia Prescott: Thursdays, 8.15pm – 9.45pm

Current term runs to 29 March
Next term: 31 May to 28 June

Intermediate Class with Silvia Prescott: Fridays, 1.30pm – 3.30pm

Current term runs to 30 March
Next term: 1 June to 29 June

Foundation Course*: new start dates

7.45pm - 9.00pm on Wednesday 4 April;
11.15am – 12.30pm on Tuesday 10 April;
2.00pm - 3.15pm on Saturday 21 April;
6.15pm – 7.30pm on Monday 14 May

Free Taster Class*: for complete beginners

2.00pm – 3.00pm on Saturday 14 April
7.45pm – 8.45pm on Wednesday 16 May

Children's Class with Korinna Pilafidis-Williams*: Mondays, 5.00pm – 5.55pm

Classes for children aged 7 to 13.
Next term: 23 April to 25 June (no class on 7 & 28 May).

Pregnancy Courses with Johanna Heckmann-Mohan**

Tuesdays, 6.30pm - 8.00pm
Current course: 27 March – 1 May
Next start date: 8 May – 12 June (Booking opens 24 April)

Fridays, 6.15pm - 7.45pm
Next start date is 13 April – 18 May (Booking opens 16 March)

*Booking advised.

**You will need to book in advance for the 6 week pregnancy course. Previous Iyengar Yoga practice is required (contact reception if you are new to Iyengar yoga).

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