

## Iyengar Yoga Institute Maida Vale

### Upcoming Workshops

In August and September, there are opportunities to work more deeply than a regular 90 minutes class will allow. Penny Chaplin and Stephen Richardson will be giving General yoga workshops and Juliet Byrne a Beginners workshop.

August 12 (Sunday) 10.00am - 1.00pm	General Yoga Workshop Penny Chaplin	£22
September 23 (Sunday) 10.00am - 1.00pm	Beginners Yoga Workshop Juliet Byrne	£18
September 29 (Saturday) 10.00am - 1.00pm	General Yoga Workshop Stephen Richardson	£22
<i>Workshops beyond September</i> October 1~5 (Monday~Friday) t.b.c.	Teachers Workshop Jawahar Bangera	t.b.c.
October 6/7 (Saturday/Sunday) t.b.c.	General Yoga Workshop Jawahar Bangera	t.b.c.
October 8~12 (Monday~Friday) t.b.c.	Teachers Workshop Jawahar Bangera	t.b.c.
October 27 (Saturday) 10.00am - 1.00pm	Beginners Yoga Workshop Ofra Graham	£18
November 10 (Saturday) 10.00am - 2.00pm	General Yoga Workshop Judy Smith	£30
November 17 (Saturday) 10.00am - 4.00pm	Intermediate Yoga Day Judi Sweeting	£45

*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.*

### News/notices

#### Redecoration

We will be closed for re-decoration between 24 August and 27 August inclusive.

#### Skylights in Studio 2

Two skylights in studio 2 will be replaced on 31 July so that they open electronically. We hope this will improve ventilation. Please note that studio 2 will be out of action between 9.00am and 5.00pm on Tuesday 31 July.

#### Obituary: Angela Marris

We regret to announce that Angela Marris died on 5 July 2007, aged 91 years. Angela was a regular visitor to the Institute for important events.

Mr Iyengar wrote of her on hearing of her death:

"She (Angela) was with Silva, Beatrice and Diana in my first public class in London. (*Ed: held on Monday 19th June, 1961*). That year these four started and it slowly grew into a gigantic tree. She was responsible for collecting fees, meeting all expenses of the classes which she managed for years, with a selfless mind as a social service. We lost a good friend and a noble heart."

Penny Chaplin, a friend of Angela's for many years, attended her funeral as a representative of the Institute.

## Class news

### **New Pregnancy Class with Barbara Norvell:** Sunday 2.15pm - 3.45 pm

Will start on 9 September.

This will be a drop in class and the cost will be £12/£15 per class (members/non-members).

### **New Restorative Class with Juliet Byrne:** Monday 7.30pm – 9.00pm

Will start on 3 September.

### **Change of teacher: 9.30am -11.00am Tuesday Beginners/General Class**

Stephen Richardson is no longer teaching this class. Until 18 September it will be taught by Amparo Rodriguez. From 25 September onwards the regular teacher will be Ofra Graham.

### **Change of class times:**

Early Morning Beginners/General Class with Amparo Rodriguez on Wednesday will start at 7.00am and finish at 8.15am from 5 September onwards.

Lunchtime Class on Monday with Isabelle Khellafi will move to 12.30pm – 1.30pm time slot from 3 September.

### **Intermediate Class with Richard Agar Ward:** Thursday, 11.45am – 1.45pm

Next term: 6 September to 20 December (no class 25 October)

### **Pranayama Class with Silvia Prescott:** Thursday, 8.15pm – 9.45pm

Next term: : 20 September to 18 October

Following term: 15 November to 13 December

### **Intermediate Class with Silvia Prescott:** Friday, 1.30pm – 3.30pm

Next term: : 21 September to 19 October

Following term: 16 November to 14 December

### **Foundation Course\*:** new start dates:

Monday, 6.15pm – 7.30pm: 17 September

Tuesday, 11.15am – 12.30pm: 11 September

Wednesday, 7.45pm - 9.00pm: 12 September

Saturday, 2.00pm - 3.15pm: 8 September

### **Free Taster Class\*:** for complete beginners

2.00pm - 3.15pm on Saturday 1 September

11.15am – 12.15pm on Tuesday 4 September

7.45pm – 8.45pm on Wednesday 5 September

6.15pm – 7.50pm on Monday 10 September

### **Children's Class with Korinna Pilafidis-Williams\*:** Monday, 5.00pm – 5.55pm.

Classes for children aged 7 to 13.

Current term: 10 September – 3 December (no class 22 October)

### **Pregnancy Courses with Johanna Heckmann-Mohan\*\***

Tuesday, 6.30pm - 8.00pm

Next start date: 31 July – 21 August (4 weeks only)

Friday, 6.15pm - 7.45pm

Current course: 6 July – 10 August

Next start date: 7 September – 12 October (booking opens 3 August)

\*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).

## **IYENGAR YOGA INSTITUTE MAIDA VALE**

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