

Iyengar Yoga Institute Maida Vale

Upcoming Workshops

Due to a minor operation, Penny Chaplin will not be teaching workshops in December as previously scheduled. Instead, Silvia Prescott will be teaching the intermediate workshop on Sunday 10 December. The three general level workshops on 27, 28 and 29 December will now be taught by Patsy Sparksman, Ofra Graham and Bob Waters.

In January, we will be hosting a one day First Aid course for teachers and trainees. All newly qualified teachers are now required to have a basic First Aid certificate and this will soon be mandatory for all Iyengar teachers. Elaine Martin, a qualified Iyengar yoga teacher and First Aid trainer, will run a course specifically tailored to the needs of yoga teachers.

December 2 (Saturday) 10.00 – 2.00pm	General Yoga Workshop Stephen Richardson	£30
December 10 (Sunday) 10.00 – 2.00pm	Intermediate Yoga Workshop Silvia Prescott	£30
December 27 (Wednesday) 10.00 – 1.00pm	General Yoga Workshop Patsy Sparksman	£20
December 28 (Thursday) 10.00 – 1.00pm	General Yoga Workshop Ofra Graham	£20
December 29 (Friday) 10.00 – 1.00pm	General Yoga Workshop Bob Waters	£20
2007		
January 7 (Sunday) 9.30am – 5.00pm	One Day First Aid Course For Iyengar yoga teachers and trainees	£30*
January 14 (Sunday) 10.00am – 1.00pm	Beginners Yoga Workshop Korinna Pilafidis-Williams	£18
January 27 (Saturday) 10.15am – 1.15pm	General Yoga Workshop Alaric Newcombe	£22

(see overleaf for workshops in February and March 2007)

*Workshops are available to members only (*except for First Aid Course £40 for non-members).
Members can book 2 months before the event.*

No deposits, refunds or transfers.

Christmas opening times

Closed from the afternoon of Thursday 21 December (last class 2.00pm general class with Bob Waters) until Monday 1 January. Except for Christmas workshops with Patsy Sparksman, Ofra Graham and Bob Waters on 27, 28 and 29 December respectively and morning classes on Saturday 30 and Sunday 31 December.

We will re-open with the regular timetable on Tuesday 2 January 2007.

Please see our website, www.iyi.org.uk, for full details.

Workshops beyond January

February 3 (Saturday) 1.00pm - 4.00pm	Anatomy Workshop for teachers** Chris Swain	Tbc
February 17 (Saturday) 10.15am – 1.15pm	Beginners Yoga Workshop Rosemary da Silva	£18
February 18 (Sunday) 10.00am – 2.00pm	General Yoga Workshop Silvia Prescott	£30
February 25 (Sunday) 10.00am – 2.00pm	Intermediate Yoga Workshop Johanna Heckmann-Mohan (rescheduled from 9 December)	£30
March 11 (Sunday) 10.00am – 1.00pm	Beginners Yoga Workshop Amparo Rodriguez	£18
March 18 (Sunday) 10.00am – 2.00pm	General Yoga Workshop Bob Waters	£22
March 23 (Friday) 4.00pm – 7.00pm	Teachers' Yoga Workshop Christian Pisano	£25
March 24/25 (Saturday/Sunday) Saturday 10.00am – 1.00pm & 4.00pm – 6.00pm, Sunday 9.00am – 12.00pm & 3.00pm – 5.00pm	Intermediate Yoga Weekend Christian Pisano	£90
March 31 (Saturday) 10.00am – 4.00pm	Intermediate Yoga Day Margaret Austin	£45

**Also open to IYIMV teacher trainees.

Workshops are available to members only. Members can book 2 months before the event.

No deposits, refunds or transfers.

News/notices

Staff news

Emma Craig, who has been the Institute Manager for a number of years, has left and will be replaced by an Institute Director to be appointed in early 2007.

Help us keep the studios tidy

A weekly tidy up in the equipment room is done by receptionists, but we rely on students to return their equipment after each class. Please leave the equipment room and studios tidy.

IYENGAR YOGA INSTITUTE MAIDA VALE
223A RANDOLPH AVENUE
LONDON W9 1NL

WWW.IYI.ORG.UK

tel: 020 7624 3080
email: office@iyi.org.uk

BKS Iyengar Birthday Celebration

Saturday 16 December

4.00pm - 4.30pm	Chanting with Sallie Sullivan
4.30pm - 6.30pm	Christmas de-stress class with Johanna Heckmann-Mohan
6.30pm onwards	Refreshments served

Free to all members, booking essential for the class

Come and celebrate BKS Iyengar's 88th birthday which falls on 14 December, with a de-stress class and chanting to prepare you for Christmas.

This is a big thank you to members for your support during the year.

If you can't make it for the class please join us for refreshments at 6.30pm or for the showing of the Estes Park DVD, featuring Mr Iyengar's visit to the US last year.

Class news

Class cancellation, Intermediate 2 Class with Penny Chaplin:

Wednesdays, 2.00pm – 4.00pm, will be cancelled from 6 December until the beginning of the New Year due to a minor operation she is having. Restart date will be notified in due course.

Intermediate Class 2 with Richard Ward:

Thursdays, 11.45am – 1.45pm.

Current term runs to 21 December (please note extra class added).

Following term: 11 January to 5 April (no class 15 February).

Pranayama Class with Silvia Prescott:

Thursdays, 8.15pm – 9.45pm.

Current term runs to 7 December. Following term: 11 January to 8 February.

Intermediate 2 Class with Silvia Prescott:

Fridays, 1.30pm – 3.30pm.

Current term runs to 8 December. Following term: 12 January to 9 February

Foundation Course start dates*:

6.15pm – 7.30pm on Monday 8 January.

7.45pm – 9.00pm on Wednesday 3 January.

2.00pm – 3.15pm on Saturday 13 January.

Free Taster Class*: for complete beginners.

2.00pm – 3.00pm on Saturday 9 December.

2.00pm – 3.00pm on Saturday 6 January.

2.00pm – 3.00pm on Sunday 11 February.

Children's Class with Korinna Pilafidis-Williams*:

Classes for children aged 7 to 13. Mondays, 5.00pm – 5.55pm.

Current term runs to 4 December (no class on 23 October).

Following term: 15 January to 26 March.

Pregnancy Courses with Johanna Heckmann-Mohan**

Tuesdays, 6.30pm – 8.00pm.

Next start date: 9 January – 13 February.

Booking opens: 19 December.

Fridays, 6.15pm – 7.45pm.

Next start date: 5 January – 9 February 2007.

Booking opens: 1 December.

There will be a one-off drop-in pregnancy class on Friday 15 December, 6.15pm – 7.45pm.

No need to book.

*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).

**End of the year Sale
Starting 4 December**

**10% off all practice books as well as Light on Life
Yogadhara £5.95 instead of £11.95
10% off all videos and DVDs
All T-shirts reduced to £5 (previously £12.00)**