

Iyengar Yoga Institute Maida Vale

Upcoming Workshops

In January we welcome back Gabriella Giubilaro from Italy. She has been studying directly with BKS Iyengar since 1983 and is the founder of the Iyengar Yoga Centre in Florence and a co-founder of Association Light on Yoga in Italy. She is widely known for her dynamic teaching, good humour, attention to individual needs and clarity of presentation.

December 1 (Saturday) 10.15am – 1.15pm	Beginners Yoga Workshop Marco Cannavo	£21
December 9 (Sunday) 10.00am – 2.00pm	Intermediate Yoga Workshop Penny Chaplin	£36
December 28 (Friday) 10.00am – 1.00pm	Beginners Yoga Workshop Barbara Norvell	£21
December 29 (Saturday) 10.00am – 1.00pm	General Yoga Workshop Johanna Heckmann-Mohan	£24
December 30 (Sunday) 10.00am – 1.00pm	Beginners Yoga Workshop Rosemary da Silva	£21
December 31 (Monday) 10.00am – 1.00pm	General Yoga Workshop Patsy Sparksman	£24
<i>2008</i>		
January 13 (Sunday) 9.30am – 5.00pm	One Day First Aid Course Elaine Martin	£50
January 18 (Friday) 4.00pm – 7.00pm	Teachers' Workshop Gabriella Giubilaro	£27
January 19 (Saturday) 10.15am – 2.15pm	General Yoga Workshop Gabriella Giubilaro	£32
January 20 (Sunday) 10.15am – 2.15pm	Intermediate Yoga Workshop Gabriella Giubilaro	£36

(see overleaf for workshops in February and March 2008)

Workshops are available to members only (1 day membership available for £5). Members can book 2 months before the event.

Payment in full when booking, refunds or transfers.

Christmas opening times

Closed from the afternoon of Friday 21 December (last class 12.00pm General class with Marco Cannavo) until Tuesday 1 January 2008. Except for Christmas workshops with Barbara Norvell, Johanna Heckmann-Mohan, Rosemary da Silva and Patsy Sparksman on 28, 29, 30 and 31 December respectively. We will re-open with the regular timetable on Wednesday 2 January 2008.

Workshops beyond January 2008

February 2 (Saturday) 11.00am - 4.30pm	Intermediate Yoga Day Margaret Austin	£49
February 3 (Sunday) 10.15am – 1.15pm	Beginners Yoga Workshop Judy Lynn	£21
February 10 (Sunday) 10.30am – 3.30pm	Intermediate Yoga Day (Pranayama and Asana) Silvia Prescott	£45
February 16 (Saturday) 10.15am - 1.15pm	General Yoga Workshop Ofra Graham	£24
February 23 (Saturday) 10.15am - 1.15pm	Intermediate Yoga Workshop Alaric Newcombe	£27
February 24 (Sunday) 10.00am – 1.00pm	Beginners Yoga Workshop Ruth Galinsky	£21
March 8 (Saturday) 10.15am – 2.15pm	Intermediate Yoga Workshop Penny Chaplin	£36
March 15 (Saturday) 10.15am – 1.15pm	Rope Workshop (General level) Stephen Richardson	£24
March 24 (Bank Holiday Monday) 10.00am – 1.00pm	General Yoga Workshop Patsy Sparksman	£24
March 30 (Sunday) 10.00am – 1.00pm	Beginners Yoga Workshop Rosemary da Silva	£21

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

BKS Iyengar 89th Birthday Celebration

Saturday 15 December, 4.00pm onwards

Come and celebrate BKS Iyengar's 89th birthday which falls on 14 December, with a special restorative class given by Silvia Prescott followed by Classical Indian dance.

There will also be selected photographs of BKS Iyengar taken by Silvia in Pune on display on the day.

This is to *thank you* all for your support during the year.

If you cannot make it for the class, please join us for the Indian dance programme at 5.15pm and refreshments at 6.00pm.

4.00pm Restorative class with Silvia Prescott
5.15pm Indian Dance
6.00pm Refreshments

Free to all members (voluntary contribution to Bellur Fund will be appreciated), booking essential for the class.

Class news

Suspension of Restorative Class with Juliet Byrne: Mondays 7.30pm - 9.00pm

This class will be suspended until further notice.

Change of Class time - Intermediate 1 Class with Johanna Heckmann Mohan: Saturdays from 3.30pm – 5.30pm will close at the end of the year (last class 8 December). The new Intermediate 1 class will start on 8 January 2008 from 6.00pm - 8.00pm on Tuesdays.

Change of Class Level – Monday Morning Intermediate Class with Stephen Richardson: 9.30am -11.30am

This class will become an Intermediate 2 class from 7 January 2008.

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

Current term: runs until 20 December

Following term: 3 January to 3 April 2008 (no class 14 and 21 February)

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

Current term: runs until 13 December

Following term: 10 January to 7 February 2008

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

Current term: runs until 14 December

Following term: 11 January to 8 February 2008

Free Taster Class*: for complete beginners

10.30am –11.30am on Sunday 2 December 2008

6.15pm – 7.15pm on Monday 7 January 2008

11.15am – 12.15pm on Tuesday 8 January 2008

7.45pm – 8.45pm on Wednesday 16 January 2008

2.00pm - 3.00pm on Saturday 12 January 2008

8.00pm – 9.00pm on Thursday 24 January 2008

Foundation Course*: new start dates for 2008

Mondays, 6.15pm – 7.30pm: 14 January

Tuesdays, 11.15am – 12.30pm: 15 January

Wednesdays, 7.45pm - 9.00pm: 23 January

Thursdays, 8.00pm - 9.15pm: 31 January

Saturdays, 2.00pm - 3.15pm: 19 January

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

Current term: runs until 3 December

Following term: 14 January – 31 March 2008 (no class on 17 February and 24 March)

Early Morning Class with Amparo Rodriguez: Wednesday 7.00am – 8.15am.

Ongoing

Drop-in Pregnancy Class with Barbara Norvell: Sundays, 2.15pm – 3.45pm.

Ongoing

Pregnancy Courses with Johanna Heckmann-Mohan**

Tuesdays, 6.30pm - 8.00pm

Next start date: 27 November – 18 December (4 weeks)

Tuesdays, 9.45am – 11.15am (*please note change of time*)

Next start date: 8 January – 12 February 2008 (6 weeks)

Fridays, 6.15pm - 7.45pm

Next start dates: 30 November – 14 December (3 weeks)

4 January – 8 February (6 weeks)

*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 1 December

Books

Light on Life	Sale price £10 (was £12.99)
Astadala Yogamala Vol.1	Sale price £5.50 (was £11.95)
Class after a Class	Sale price £2.50 (was £4.99)
Guruji Uwach	Sale price £2.50 (was £4.99)
Inner Beauty Inner Light	Sale price £8.50 (was £14.99)
Yogadhara	Sale price £6.50 (was £11.95)

DVDs & Videos

20% off all VHS (1938 Practice, Masterclass, Guruji and Yogamala)

10% of all DVD's (1938 Practice, Masterclass and Guruji)

News/notices

Work on the floor

From 22 December the Institute will be closed for three days so that the floors throughout can be sanded and re-sealed.

In order to prepare for this, the last class on 21 December will be the General class with Marco Cannavo starting at 12.00pm.

Christmas Closure

The Institute will be closed from 1.30pm on 21 December to 1 January inclusive except for workshops as below. The regular timetable will resume on Wednesday 2 January.

Christmas Timetable

28 December (Friday), 10.00am – 1.00pm: Beginners Workshop with Barbara Norvell

29 December (Saturday), 10.00am – 1.00pm: General Workshop with Johanna Heckmann-Mohan

30 December (Sunday), 10.00am – 1.00pm: Beginners Workshop with Rosemary da Silva

31 December (Monday), 10.00am – 1.00pm: General Workshop with Patsy Sparksman

New Trustee

Ainhoa Acosta has joined the Board of Trustees.

Free Intermediate Class for Those Eligible for Concessions

From January 2008, the free Intermediate class for those eligible for concessions will change from the Monday 9.30am class to the Friday 9.30am Intermediate 1 class with Stephen Richardson.

Looking for a Christmas Gift Idea?

Why not buy your friends and family a Foundation course? £60 fee includes a 6 week course as well as a 3 month membership and 2 free Beginners classes.

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