



newsletter
december 2008 - january 2009

Iyengar Yoga Institute Maida Vale

Upcoming Workshops

In December we welcome Silvia Prescott who will be giving a special workshop as part of BKS Iyengar's 90th Birthday Party celebration.

December 6 (Saturday) 1.30pm – 4.30pm	General Yoga Workshop Judy Lynn	£24
December 14 (Sunday) 10.00am – 1.00pm	BKS Iyengar 90th Birthday Celebration Workshop* Silvia Prescott	Free
December 29 (Monday) 10.00am – 1.00pm	General Yoga Workshop Marco Cannavo	£24
December 30 (Tuesday) 10.00am – 1.00pm	Intermediate Yoga Workshop Penny Chaplin	£27
December 31 (Wednesday) 10.00am – 1.00pm	Beginners/General Yoga Workshop Barbara Norvell	£24
2009		
January 18 (Sunday) 10.15am – 1.15pm	General Yoga Workshop Judy Smith	£24
January 25 (Sunday) 10.15am – 2.15pm	Teachers' Workshop* Penny Chaplin	£36
<i>Workshops beyond January 2009</i>		
February 6 (Friday)~ 8 (Sunday) Times to be confirmed	Workshop format to be confirmed Jawahar Bangera	t.b.c.
March 7 (Saturday) 10.15am – 2.15pm	Intermediate Yoga Workshop Penny Chaplin	£36
March 29 (Sunday) 10.15am – 1.15pm	General Yoga Workshop Judy Lynn	£24

*Minimum of 2 years' Iyengar yoga practice required.

**Qualified Iyengar yoga teachers only. No teacher trainees.

Workshops are available to members only. Members can book 2 months before the event. One day memberships can be purchased 2 weeks before the event subject to availability.

Payment in full when booking, no deposits, refunds or transfers.

Please note there will be no Beginners workshops in 2009.

**You are invited to BKS Iyengar's 90th Birthday Party
on Sunday 14 December**

See next page for details

News/notices

Joint-Treasurer wanted for Board of Trustees

We are looking for a member with a background in finance/accounting/book-keeping to take on the role of joint-Treasurer on the Board of Trustees.

This is a voluntary position and therefore unpaid, but essential for the efficient running of the Institute as a charity. The Board meets about once every six weeks and communicates in the interim by email or phone. The two joint-Treasurers oversee all aspects of financial planning and reporting, and receive full support from the office staff.

If you would like to discuss this in more detail, please contact our reception desk who will pass on your contact details to our Chair.

Class cancellations on Sunday 14 December

Due to the Birthday Party, all regular classes will be cancelled that day except for a Beginners/General class at 6.30pm with Kate Rathod.

Trustee News

Vinay Rustagi has stepped down from the Board of Trustees.

Penny Chaplin has joined the Board.

Staff News

Helen Corcoran has resigned after 5 years of working on reception. We wish her well.

Christmas /New Year Closure

The Institute will close at 1.00pm on Tuesday 23 December and remain closed up to and including 2 January 2009 (except for the workshops on 29, 30 and 31 December). We will re-open with the full class schedule on Saturday 3 January.

BKS Iyengar's 90th Birthday Party on Sunday 14 December from 10am – 5.30pm

Sunday 14 December is BKS Iyengar's 90th Birthday and we will be celebrating with a special event free to all our members.

Programme for the day:

- | | |
|----------------------|---|
| 10am – 1pm | A morning workshop with Silvia Prescott*
- minimum of 2 years' Iyengar yoga required |
| 1.30 – 2.30pm | Indian vegetarian lunch* |
| 2.30 – 5.30pm | An afternoon programme of entertainments
including classical, world, jazz and contemporary music,
Indian dance, mime, children's class demonstration and refreshments. |

You are welcome to attend all or part of the day

**Booking is essential for the workshop and for lunch.*

You can book with the office or reception – places are limited, so book a.s.a.p.

Please note that there will be no regular classes on this day except for a Beginners/General class at 6.30pm with Kate Rathod.

Teacher Training Courses at the Institute

We offer Teacher Training Courses at all levels (Introductory, Junior and Senior Intermediate) at the Institute.

Application packs for the Introductory Teacher Training Course will be available some time in January. Please check the website or contact us in the New Year for more information.

We run two Junior Intermediate Teacher Training Courses, one with Penny Chaplin and the other with Richard Agar Ward. Both take place on Sundays. For further information including bookings, please check our website or contact us.

The Senior Intermediate Teacher Training Course is taught by Penny Chaplin. Training days in 2009 will be on various Saturday afternoons and Sunday mornings. For further information including bookings, please contact us.

Class news

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

Current term: runs until 18 December

Next term: 8 January – 5 February 2009

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

Current term: runs until 4 December

Next term: 8 January – 12 February 2009 (no class 19 February)

Free Taster Class*: for complete beginners

6.15pm – 7.15pm on Monday 5 January 2009

8.00pm – 9.00pm on Thursday 8 January 2009

7.45pm – 8.45pm on Wednesday 14 January 2009

2.00pm – 3.00pm on Saturday 17 January 2009

Foundation Course*: new start dates:

Mondays, 6.15pm – 7.30pm: 12 January~16 February 2009

Wednesdays, 7.45pm – 9.00pm: 21 January~25 February 2009

Thursdays, 8.00pm – 9.15pm: 15 January~19 February 2009

Saturdays, 2.00pm – 3.15pm: 24 January~28 February 2009

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

Classes for children aged 7 to 13.

Current term: runs until 8 December (no class 27 October)

Next term: 12 January – 30 March 2009 (no class 16 February)

Drop-in Pregnancy Class with Barbara Norvell

Sundays, 2.15pm – 3.45pm

Drop-in Pregnancy Class with Johanna Heckmann-Mohan

Tuesdays, 12.15pm – 1.45pm

This class is now a drop-in class so no need to book. *It is also open to those who have recently given birth.*

Pregnancy Courses with Johanna Heckmann-Mohan**

Fridays, 6.15pm - 7.45pm

Next start dates: 5 December – 19 December & 9 January – 13 February 2009

*Booking advised.

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

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