

Iyengar Yoga Institute Maida Vale

Upcoming Workshops

Chris Swain, an Iyengar teacher and an osteopath, will be giving an anatomy workshop for teachers and IYIMV trainees in February.

In March, we welcome back Christian Pisano from France for what could well be his only workshop in the UK this year. Margaret Austin, a senior teacher from the North East, will be giving an Intermediate level workshop at the end of the month.

February 3 (Saturday) 1.00pm – 4.00pm	Anatomy Workshop for teachers & IYIMV teacher trainees Chris Swain	£30
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) 10.00 – 2.00pm	Intermediate Yoga Workshop Johanna Heckmann-Mohan	£30
March 10 (Saturday) 1.00pm – 4.00pm	Beginners Workshop Amparo Rodriguez	£18
March 18 (Sunday) 10.00am – 2.00pm	General Yoga Workshop Bob Waters	£30
March 23 (Friday) 4.00pm – 7.00pm	Teachers' Yoga Workshop Christian Pisano	£25
March 24/25 (Saturday/Sunday) 10.00am – 1.00pm; 4.00pm – 6.00pm (Sat) 9.00am – 12.00pm; 3.00pm – 5.00pm (Sun)	Intermediate Yoga Weekend Christian Pisano	£90
March 31 (Saturday) 10.00am – 4.00pm	Intermediate Yoga Day Margaret Austin	£45
<i>Workshops beyond March</i>		
April 9 (Bank Holiday Monday) 10.00am – 1.00pm	General 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 Workshop Barbara Norvell	£18
May 20 (Sunday) 10.00am – 2.00pm	Intermediate Yoga Workshop Silvia Prescott	£30
May 28 (Bank Holiday Monday) 10.00 – 1.00pm	General Workshop Marco Cannavo	£22

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

New Institute Director

We have a new Institute Director, Lucinda Wallop, who started in the New Year. Lucinda has been practising yoga for a number of years and became a member here last year. She comes to the Institute from a background in advertising and film-making. Over the past 20 years she has produced commercials for cinema and television and brings with her enthusiasm and energy to continue the ongoing success of the Institute and to further raise its profile. She very much welcomes the opportunity to meet members and hear their opinions and suggestions.

Looking for part-time book keeper

We are looking for a book keeper/accountant to prepare the monthly management accounts over 2 days during the first week of each calendar month. Basic book keeping skills and sound knowledge of Sage and Excel essential. To start in March. If you are interested please contact the office on 020 7624 3080 or email office@iyi.org.uk

New Trustee

Johanna Heckmann-Mohan, a member of the current Teaching Committee, has now been elected onto the Board as one of two Teacher Trustees.

Christmas Celebration

Thank you to all for making the Christmas Celebration on 16 December such a success. We would like to thank all who helped. Special thanks to Johanna Heckmann-Mohan and Sallie Sullivan for leading the workshop and the chanting, and to Patsy and Michael Sparksman for their all round help.

Help us at reception

In order to speed up the check-in procedure we would appreciate if you could pay by cash for single classes or other small transactions, rather than by credit card. Credit card transactions are more time-consuming and we are endeavouring to reduce the waiting time before the start of classes.

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New Lunchtime Classes and Thursday Pregnancy Course

New Lunchtime Classes

Mondays, 1.30pm – 2.30pm with Isabelle Khellafi starting 26 February

Tuesdays, 1.30pm – 2.30pm with Karen Long starting 27 February

Thursdays, 1.30pm – 2.30pm with Megan Inglesent starting 1 March

New Thursday Pregnancy Course with Barbara Norvell

Thursdays, 10.00am – 11.30am (to run as a 6 week course). Start date: 22 February – 29 March.

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

Class news

Change of time, Intermediate Class with Johanna Heckmann-Mohan

Monday 7.30pm Intermediate Class will close and move to the new time slot of Saturday 3.30 - 5.30pm starting 10 February (last Monday class will be on 29 January).

Class Closure

Tuesday Beginners Class at 9.30am will close on 6 February.

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 8 February. Following term: 1 March to 29 March.

Intermediate Class with Silvia Prescott

Fridays, 1.30pm – 3.30pm.

Current term runs to 9 February. Following term: 2 March to 30 March.

Foundation Course

New start dates:

Mondays, 6.15pm – 7.30pm, 12 March.

Tuesdays, 11.15am – 12.30pm, 27 February.

Wednesdays, 7.45pm – 9.00pm, 14 February.

Saturdays, 2.00pm – 3.15pm, 24 February.

Free Taster Class*

For complete beginners.

2.00pm – 3.00pm on Sunday 11 February.

6.15pm – 7.15pm on Monday 5 March.

7.45pm – 8.45pm on Wednesday 28 March.

Children's Class with Korinna Pilafidis-Williams*

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

Current term runs to 26 March (no class on 19 February).

Following term: 23 April to 25 June (no class on 7 & 28 May).

Pregnancy Courses with Johanna Heckmann-Mohan**

Tuesdays, 6.30pm – 8.00pm.

Next start date: 13 February – 20 March.

Booking opens 30 January.

Fridays, 6.15pm - 7.45pm.

Next start date: 16 February – 30 March (no class on 23 March).

Booking opens 2 February.

**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).*