



## Iyengar Yoga Institute Maida Vale

### Upcoming Workshops

In February we welcome Margaret Austin from the North East of England. She is a senior teacher and moderator who has been teaching Iyengar yoga for over 20 years. She travels regularly to Pune to study with the Iyengar family.

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 Johanna Heckmann-Mohan	£24
March 30 (Sunday) 10.00am - 1.00pm	Beginners Yoga Workshop Rosemary da Silva	£21
<i>Workshops beyond March</i>		
April 18 (Friday) 4.00pm - 7.00pm	Teachers' Workshop Christian Pisano	£27
April 19/20 (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
April 27 (Sunday) 10.00am - 1.00pm	General Yoga Workshop Barbara Norvell	£24
May 5 (Bank Holiday Monday) 10.00am - 1.00pm	Intermediate Yoga Workshop Johanna Heckmann-Mohan	£27
May 24 (Saturday) 10.00am - 1.00pm; 2.30pm - 4.30pm	General Yoga Day Pixie Lillas	£40
May 25 (Sunday) 10.00am - 1.00pm; 2.30pm - 4.30pm	Intermediate Yoga Day Pixie Lillas	£45
May 26 (Monday) 10.00am - 1.00pm	Teachers' Workshop Pixie Lillas	£27
May 27 (Tuesday) - 29 (Thursday) 7.30am - 9.30am	Early Morning Classes (General Level) Pixie Lillas	£16 per class

*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 Booking System

We will be implementing a new reception system on or about 27 February. All members will be issued with a barcode key fob which will replace membership cards and yoga cards.

### Membership Renewal Forms

To help you we are now sending out membership renewals pre-filled with the information we hold. Please help us by checking your details on the membership form to ensure they are correct. Also please notify us if you change address during the course of your membership so that we can continue to keep you informed of special events and timetable changes. Finally, please help us by completing the gift aid declaration as this enables us to reclaim tax from the Inland Revenue.

### Trustee News

Eric Clause will be standing down from the Board of Trustees. We would like to thank him for all the time and effort he has put in over the past three years as a director and secretary.

Stuart Macrow has joined the board.

### Staff News

Vipul Bhatti, one of our receptionists, has left us in order to concentrate on his studies. Some of you may remember his entertaining dance performance at Mr Iyengar's 89th birthday celebration last year. We wish him all the best.

Please welcome Tania Fallon who was doing reception work at a Chinese herbal medical practice.

### Building

During the Christmas holiday the wooden floors were sanded and re-finished. In the coming year we plan to replace the boiler, the lighting in the studios, and to paint the boundary fences.

### Teacher Training

Closing date for application for the Introductory Teacher Training Course is 30 May 2008. Application packs are now available from the office.

There are spaces available on higher level teacher training courses. Details are available from the office.

### BKS Iyengar's 89th Birthday Celebration

We are pleased to report that BKS Iyengar's 89th birthday celebration on 15 December was well attended and much enjoyed. Silvia Prescott's recuperative class was a 'sell out' and the Indian dance performance by Vipul Bhatti and Katie Ryan had a large audience. Thank you all for making the event such a success.

## Easter Timetable

We will be running a reduced timetable over Easter as follows:

<b>Good Friday, 21 March</b>	10.00am – 11.30am	Beginners	Judy Lynn
	12.00pm – 1.30pm	General	Judy Lynn
<b>Saturday, 22 March</b>	8.15am – 9.45am	Beginners	Amparo Rodriguez
	8.30am – 10.00am	General	Rosemary da Silva
	10.00am – 12.00pm	Intermediate I	Judy Lynn
<b>Easter Sunday, 23 March</b>	10.00am – 12.00pm	General/Intermediate 1	Alaric Newcombe
<b>Easter Monday, 24 March</b>	10.00am – 1.00pm	General Workshop	Johanna Heckmann-Mohan
	10.00am – 11.30am	Beginners	Joyce Furrer

*There may be changes of teacher nearer the time. Please check the teacher substitution list at the Institute or on [www.iyi.org.uk](http://www.iyi.org.uk)*

## Class news

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

Current term: runs until 3 April 2008

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

Current term: runs until 7 February

Following term: 10 April to 8 May

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

Current term: runs until 8 February

Following term: 11 April to 9 May

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

6.15pm – 7.15pm on Monday 25 February

7.45pm – 8.45pm on Wednesday 5 March

2.00pm - 3.00pm on Saturday 15 March

11.15am – 12.15pm on Tuesday 18 March

8.00pm – 9.00pm on Thursday 20 March

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

Mondays, 6.15pm – 7.30pm: 3 March

Tuesdays, 11.15am – 12.30pm: 25 March

Wednesdays, 7.45pm - 9.00pm: 12 March

Thursdays, 8.00pm - 9.15pm: 27 March

Saturdays, 2.00pm - 3.15pm: 29 March

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

Classes for children aged 7 to 13.

Current term: runs until 31 March

Following term: 21 April – 7 July (no class on 5 and 26 May)

### **Drop-in Pregnancy Class with Barbara Norvell**

Sundays, 2.15pm – 3.45pm

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

Tuesdays, 9.45am – 11.15am

Next start date: 19 February – 25 March (6 weeks)

Fridays, 6.15pm - 7.45pm

Next start dates: 15 February – 14 March (5 weeks)

\*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).

## **IYENGAR YOGA INSTITUTE MAIDA VALE**

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