

Iyengar Yoga Institute Maida Vale

Visiting Teachers' Workshops

During June and July we welcome back two visiting teachers, Pixie Lillas from Australia and Jawahar Bangera from India.

Pixie Lillas is a senior Iyengar yoga teacher currently living in Sydney, Australia. She first started practising yoga in Florence in 1976 under the instruction of Dona Holleman. In the following year she travelled to Pune and has been returning there on an annual basis ever since. Pixie currently holds a Junior Advanced certificate.

Jawahar Bangera is based in Mumbai. He has been a student of BKS Iyengar since 1969 and began teaching yoga in 1980. He has accompanied Guruji on many occasions during his visits to Europe. Following a popular workshop last year, it is a great pleasure and privilege to have him come and teach at the Institute once again.

Upcoming Yoga Workshops (open to members only)

May 29 (Bank Holiday Monday) 10.00am - 1.00pm	Beginners Yoga Workshop Barbara Norvell	£13
June 6 (Tuesday) ~ 8 (Thursday) 7.30am - 9.30am	Early Morning Classes (General Level) Pixie Lillas	£10/class
June 27 (Tuesday) ~ 30 (Friday) 9.00am - 1.00pm	Teachers' Workshop* Jawahar Bangera	£95
July 1 (Saturday) ~ 2 (Sunday) 10.00am - 4.00pm	General Yoga Weekend* Jawahar Bangera	£90
July 3 (Monday) ~ 6 (Thursday) 1.30pm - 4.30pm	Teachers' Workshop (Remedial)* Jawahar Bangera	£95
July 29 (Saturday) 1.30pm - 4.30pm	Beginners (Moving up) Yoga Workshop Judy Lynn	£13
August 12 (Saturday) 10.00am - 2.00pm	Intermediate Yoga Day Penny Chaplin	£30
August 28 (Bank Holiday Monday) 10.00am - 1.00pm	General Yoga Workshop Johanna Heckmann-Mohan	£20

Following applies for Jawahar Bangera's workshop:

- Booking will only be taken for those who are not attending the IYA (UK) convention
- Priority for attending the General Workshop will be given to those not attending Teachers' Workshops
- Remedial workshop is open only to Iyengar yoga teachers with Junior Intermediate Level 2 certificate or above

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

No deposits, refunds or transfers.

AGM

Our Annual General Meeting will take place this year on Sunday 16 July at 4.00pm. If you would like to receive papers, please contact reception.

News/notices

Bank Holiday Timetable

Bank Holiday Monday, 29 May

There are no classes except for the following:

10.00am - 11.30am, General with Juliet Byrne

10.00am - 1.00pm, Beginners Workshop with Barbara Norvell

Becoming a Trustee

The Institute is a registered charity and is directed by a Board of Trustees, made up from the membership. The Board works as a team with everyone bringing their own area of expertise. We need to cover legal matters, finance, marketing and promotion, personnel, IT, administration, building management and yoga teaching. At present we are in particular need of new Trustees with experience in building, marketing, website and personnel management.

The Trustees Board meetings take place every six weeks approximately, on a Sunday afternoon. Additional to these meetings each Trustee is assigned a portfolio relevant to their experience, will work with the staff and report back to the Board on progress. If you are interested please forward your name and a contact number to Siobhan Ezra via the office.

Recommendations sought

We are often in need of reliable local trades people such as builders, carpenters and electricians. If you know of someone you can recommend, please let us know.

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Dipika

This year's Dipika Magazine is now published. If you have not received a copy through the post, please let us know.

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Class news

Foundation Courses*

New start dates:

Monday 26 June, 6.15pm - 7.30pm

Wednesday 7 June, 7.45pm - 9.00pm

Sunday 10 September, 2.00pm - 3.15pm

50+ Foundation Course*

There will be a new Over 50's Foundation Course starting on Thursday 8 June, 10.00am - 11.15am.

Free Taster Class*

For complete beginners.

Wednesday 31 May, 7.45pm - 8.45pm.

Children's Free Taster Class with Korinna Pilafidis-Williams*

For children aged 7 to 13.

Saturday 3 June, 2.00pm - 2.45pm.

Children's Class with Korinna Pilafidis-Williams*

Mondays, 5.00pm - 5.55pm.

Current term runs until 26 June.

(no class on 1 & 29 May).

Intermediate Class with Richard Agar Ward

Thursdays, 11.45am - 1.45pm.

Current term runs until 27 July (no class on 25 May & 1 June).

Following term: 7 September to 14 December
(no class on 26 October).

Pranayama Class with Silvia Prescott

Thursdays, 8.15pm - 9.45pm.

Current term runs until 8 June.

Following term: 14 September to 12 October.

Intermediate Class with Silvia Prescott

Fridays, 1.30pm - 3.30pm.

Current term runs until 9 June.

Following term: 15 September to 13 October.

**It is essential that you book for these classes/courses by contacting the Institute on 020 7624 3080.*

*For more information please check our website:
www.iyi.org.uk*