

Iyengar Yoga Institute Maida Vale

Upcoming Workshops

In July, Annie Ciekanski from France will be giving a general and an intermediate yoga workshop. She has studied Iyengar Yoga for over 20 years, learning directly from the Iyengars during her frequent stays at the Pune Institute. Later in the month, Elaine Martin returns to give a one day First Aid course for teachers and trainees, leading to the Appointed Persons First Aid Certificate, which is now a requirement for all newly qualified teachers.

No workshops in June

July 5 (Saturday) 10.15am – 2.15pm	General Yoga Workshop Annie Ciekanski	£32
July 6 (Sunday) 10.15am – 2.15pm	Intermediate Yoga Workshop Annie Ciekanski	£36
July 19 (Saturday) 10.00am – 5.00pm	One Day First Aid Course Elaine Martin	£50
<i>Workshops beyond July</i>		
August 25 (Bank Holiday Monday) 10.15am – 1.15pm	General Yoga Workshop Amparo Rodriguez	£24
September 6 (Saturday) 10.15am – 4.15pm	Intermediate Yoga Day Sallie Sullivan	£45
September 13 (Saturday) 10.15am – 2.15pm	Teachers' Workshop Penny Chaplin	£36
September 14 (Sunday) 10.15am – 1.15pm	Beginners Yoga Workshop Juliet Byrne	£21

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

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

News/notices

Annual General Meeting

Our Annual General Meeting will take place on Sunday 8 June at 4.00pm. Papers and the Annual Report for 2007 are available at reception.

There will be a free open class taught by Alaric Newcombe from 2.15 to 3.45pm for those attending the AGM. Please book early to avoid disappointment. Refreshments will be available from 3.30pm.

Staff News

Eduardo Sartor, who some of you may remember from last year, has re-joined us as a cover receptionist.

Trustee News

Cathy Meade, Mario Bozzo and Vinay Rustagi have been nominated by the Board subject to confirmation at the AGM.

New Timetable

There will be a new summer timetable coming out at the end of June covering the period July to September.

Class news

Afternoon class cancellations on Sunday 8 June

Pregnancy class at 2.15pm and Beginners class at 4.00pm on 8 June will be cancelled due to the AGM

New Friday Intermediate 2 Class with Sallie Sullivan: Fridays 1.30pm – 3.30pm

A new Intermediate 2 class taught by Sallie Sullivan while Silvia Prescott is taking a break from teaching

Current term: runs until 6 June

Next term: 27 June to 18 July

New Thursday Pranayama Class with Alaric Newcombe: Thursdays, 8.30pm – 9.30pm

A new weekly Pranayama class while Silvia Prescott is taking a break from teaching

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

Current term: runs until 24 July

Following term: 4 September to 27 November (no class 30 October)

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

Further dates to be announced in due course

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

Further dates to be announced in due course

Free Taster Class*: for complete beginners

6.15pm – 7.15pm on Monday 14 July

7.45pm – 8.45pm on Wednesday 25 June

Foundation Course*: new start dates:

Mondays, 6.15pm – 7.30pm: 21 July

Wednesdays, 7.45pm - 9.00pm: 2 July

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

Classes for children aged 7 to 13

Current term: runs until 7 July

Next term: 15 September – 8 December (no class 27 October)

Drop-in Pregnancy Class with Barbara Norvell

Sundays, 2.15pm – 3.45pm (no class 8 June)

Pregnancy Courses with Johanna Heckmann-Mohan**

Tuesdays, 12.15pm – 1.45pm

Current course: runs until 17 June

Next start date: 24 June – 29 July & 5 August – 9 September

Fridays, 6.15pm – 7.45pm

Current course: runs until 13 June

Next start dates: 20 June – 25 July & 1 August – 5 September

*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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