

Iyengar Yoga Institute Maida Vale

Upcoming Workshops

We welcome back Jawahar Bangera for three workshops in February. Jawahar has been teaching yoga since 1969 and is based in Mumbai. He has accompanied Mr Iyengar on many occasions during his visits to Europe.

February 6 (Friday) 2.00pm – 4.00pm	Pranayama Class* Jawahar Bangera	£20
February 7 (Saturday) 10.15am – 2.15pm	General Yoga Workshop* Jawahar Bangera	£36
February 8 (Sunday) 10.15am – 2.15pm	Intermediate Yoga Workshop* Jawahar Bangera	£40
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
<i>Workshops beyond March</i>		
April 18 (Saturday) 10.15am – 1.15pm	General Yoga Workshop Korinna Pilafidis Williams	£24
April 24 (Friday) 4.00pm – 7.00pm	Teachers' Workshop* Christian Pisano	£27
April 25/26 (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
May 4 (Bank Holiday Monday) 10.15am – 1.15pm	General Yoga Workshop Barbara Norvell	£24

* Following conditions apply:

- Members to have priority and must show evidence of regular practice and attendance at the Institute.
- No one day membership will be available for these workshops.
- There will be no personal remedial lessons within the classes.
- Members may only book either the General or the Intermediate workshop (applies to Jawahar Bangera workshops only).

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.

News

Trustee News

Siobhan Ezra has resigned as Chair and from the Board. We thank her for all her hard work over the years.

Staff News

Jose Barrientos and Eduardo Sartor have resigned from reception. Roberto Mattos, one of our cleaners, is leaving us to go back to Brazil. We wish them all the best for the future.

As some of you may already know, Vipul Bhatti has returned to work on reception since December and Margarida Fonseca has joined as a receptionist/office assistant.

Notices

No cheques

From 1 March we will cease to accept cheque payments. Members may pay by debit or credit card or by cash. We request members to pay by cash rather than card for payments under £10.

Institute opening hours

Please note that Institute is not open before 9am except on Wednesday and Saturday when there are early morning classes.

Free classes

Changes have been made to the provision of free classes. Free class cards, valid for twelve weeks with entitlement to twelve classes, will be issued to members on benefits. They may attend any class starting before 5pm Monday to Friday without charge. This system will replace the three currently designated classes. Those claiming free classes will be required to prove entitlement each time a new card is issued.

ResCard/StaffCard

We will cease to accept the ResCard and StaffCard from 1 April except for the Foundation Course where a £5 reduction will apply. Members who previously claimed this discount may prefer to buy a yoga card which in fact works out cheaper with 11 classes for the price of 10.

New class fees

The cost of Intermediate and Teachers' classes will increase to £12 per class for members and £14 for non-members from 1 April. All other class fees will remain the same.

Class news

Early Morning Beginners/General Class with Amparo Rodriguez: Wednesdays, 7.00am – 8.15am

This class resumes on 4 February.

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

Current term: runs until 5 February
Next term: 26 February – 25 March

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

Current term: runs until 12 February
Next term: 26 February – 2 April

Free Taster Class*: for complete beginners

6.15pm – 7.15pm on Monday 23 February
8.00pm – 9.00pm on Thursday 4 March
7.45pm – 8.45pm on Wednesday 26 February
2.00pm – 3.00pm on Saturday 7 March

Foundation Course*: new start dates:

Mondays, 6.15pm – 7.30pm: 2 March~6 April
Wednesdays, 7.45pm - 9.00pm: 11 March~15 April
Thursdays, 8.00pm – 9.15pm: 5 March~9 April
Saturdays, 2.00pm – 3.15pm: 14 March~18 April

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

Classes for children aged 7 to 13.
Current term: runs until 30 March (no class 16 February)
Next term: 27 April – 29 June (no class 4 & 25 May)

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 Course with Johanna Heckmann-Mohan**

Fridays, 6.15pm – 7.45pm
Next start date: 20 February – 27 March

*Booking advised.

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