



## Iyengar Yoga Institute Maida Vale

### Visiting Teachers' Workshops

In November we welcome back a visiting teacher, Christian Pisano from Nice.

Christian has been practising Iyengar Yoga for over 20 years. He lived in Pune for 4 years to learn the art and science of Iyengar Yoga with his master and teacher Sri B.K.S. Iyengar. He holds an advanced certificate, continues annual studies in Pune and is the joint Director of the Iyengar Yoga Institute of Nice, France.

### Upcoming Yoga Workshops (open to members only)

October 14 (Saturday) 10.00am – 2.00pm	Intermediate Yoga Workshop Penny Chaplin	£30
November 4 (Saturday) 10.00am – 2.00pm	Intermediate Yoga Workshop Silvia Prescott	£30
November 12 (Sunday) 2.00pm – 5.00pm	Beginners Yoga Workshop Rosemary da Silva	£13
November 17 (Friday) 4.00pm – 7.00pm	Teachers' Yoga Workshop Christian Pisano	£25
November 18/19 (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
<i>Workshops beyond November</i>		
December 2 (Saturday) 10.00am – 2.00pm	General Yoga Workshop Stephen Richardson	£30
December 9 (Saturday) 10.00am – 2.00pm	Intermediate Yoga Workshop Johanna Heckmann-Mohan	£30
December 27–29 (Wednesday – Friday) 10.00am – 1.00pm	General Yoga Workshops Penny Chaplin	£20 (per day)

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

*No deposits, refunds or transfers.*

### Bring a Friend for Free

Every annual membership will now include a Bring a Friend for Free voucher. The voucher can be collected from reception on payment of membership and used at any time during the year (by a non-member only). If your friend is new to Iyengar yoga, please advise them to inform the teacher.

## News/notices

### **New Yogacards: 11 classes for the price of 10**

New yogacards issued from 4 September entitle the holder to 11 classes for the price of 10. Remember to bring your completed yogacard to claim your extra class.

New prices are as follows:

Beginners	£90.00
General	£90.00
Intermediate	£110.00
59+	£60.00

### **Mobiles**

Please remember to turn off your mobile before entering the Institute building. If you are expecting an urgent call, ask the receptionists to look after your phone whilst you are in class.

### **Help us on reception**

To keep the queues flowing, please come in early for membership renewals, courses and workshop bookings.

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## Class news

### **Foundation Course\***

New start dates:

6.15pm – 7.30pm on Monday 6 November.  
7.45pm - 9.00pm on Wednesday 1 November.  
2.00pm - 3.15pm on Saturday 28 October.

### **Free Taster Class\***

For complete beginners

2.00pm – 3.00pm on Saturday 21 October.  
7.45pm – 8.45pm on Wednesday 25 October.

### **New: 59+ Beginners Class with Juliet Byrne**

Mondays, 12.00pm – 1.30pm. Starting Monday 9 October.

### **Intermediate Class with Richard Ward**

Thursdays, 11.45am – 1.45pm.

Current term runs to 14 December. No class on 26 October.

### **Pranayama Class with Silvia Prescott**

Thursdays, 8.15pm – 9.45pm.

Current term runs to 12 October. Following term: 9 November to 7 December.

### **Intermediate Class with Silvia Prescott**

Fridays, 1.30pm – 3.30pm.

Current term runs to 13 October. Following term: 10 November to 8 December.

### **Children's Class with Korinna Pilafidis-Williams\***

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

Current term runs to 4 December (no class on 23 October).

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

There are now 2 courses a week at the following times:

Tuesdays, 6.30pm – 8.00pm.

Next start date: 10 October – 14 November (Booking opens 26 September).

Fridays, 6.15pm – 7.45pm.

Next start date: 27 October – 1 December (Booking opens 13 October).

You will need to book in advance for each 6 week course. Previous Iyengar yoga practice is required (contact reception on 020 7624 3080 if you are new to Iyengar yoga).

*\*Booking essential for these classes/courses.*

*All other classes indicated above are drop in classes.*

For more information please check our website: [www.iyi.org.uk](http://www.iyi.org.uk)