

We're excited to announce that all classes will be in our home studio now!

52 Albert Rd, West Bridgford, Nottingham NG2 5GS

Summer in the studio workshops: All levels welcome

We will be away studying in India for the month of September, so programmed these 5 workshops for students just before we go, designed to help approach practice at home while we are away, made accessible for all levels.

Mon 21st Aug 6.30 – 8.00pm Cost £10. Thurs 24th Aug 10 – 11.30am Cost £10

Thurs 24th Aug 6.45 – 8.15pm Cost £10. Tues 29th Aug 4.00 – 6.00pm Cost £13

Tues 29th Aug 6.30 – 8.30pm Cost £13

Booking Essential

Friday 3rd November Special Opening Puja and Class with Jayne Orton:

12.00 – 14.30 Class and Puja taught by Jayne Orton

14.30 – 4.00 Cakes and Music with Isabel and Biant

This special event is taught by advanced teacher Jayne Orton, co-director of Birmingham Institute of Iyengar Yoga. Jayne is a wonderful, fun and inclusive teacher who takes all levels of students into a deeper experience of yoga. Jayne trained Geoffrey as an Introductory teacher, and Isabel as an Intermediate teacher and we are honoured to welcome her to our new studio and conduct this special puja. For all our Iyengar Yoga Students

Price: £30 Booking essential

Autumn Term 2017 Weekly Classes

Iyengar Yoga Introductory Level 2 Mondays 6:30–8:00pm – Isabel & Geoffrey

For adult students who have attended Iyengar Yoga classes regularly for at least 1 year, or by permission of the teacher. Students will be expected to have attended one of our foundation courses, know the basic principles of Iyengar yoga. Please bring a yoga mat, all other equipment is provided

Dates: Oct 9th, 16th, 23rd, 30th Nov 6th, 13th, 20th, (27th No class) Dec 4th, 11th, 18th

Cost: £80 for 10 classes £10 per class drop in.

Iyengar Yoga General/Intermediate Level Tuesdays 6.30–8.30pm – Isabel

For those who have attended Iyengar Yoga Classes regularly for over 3 years or by permission of the teacher. Students will be expected to be able to practice sarvangasana (shoulder stands) and sirsasana (head stand). Please bring a yoga mat, all other equipment is provided

Dates: Oct 10th, 17th, 24th, 31st, Nov 7th, 14th, 21st, (28th no Class) Dec 5th, 12th, 19th

Cost: £100 for 10 classes. £13 per drop in class

Iyengar Yoga Introductory Level 2 Thursdays 10.00–11.30am – Isabel

For adult students who have attended Iyengar Yoga classes regularly for at least 1 year, or by permission of the teacher. Students will be expected to have attended one of our foundation courses, know the basic principles of Iyengar yoga. Please bring a yoga mat, all other equipment is provided

Dates: Oct 12th, 19th, 26th, Nov 2nd, 9th, 16th, 23rd, (30th No Class) Dec 7th, 14th

Cost: £72 for 9 classes £10 per class drop in.

Iyengar Yoga Introductory Level 1 Thursdays 6.45–8.15pm – Geoffrey

For adult newcomers to the Iyengar Yoga method. Students are introduced to basic asanas (postures), which build strength and stamina and improve flexibility. Please bring a yoga mat, all other equipment is provided

Dates: Oct 12th, 19th, 26th, Nov 2nd, 9th, 16th, 23rd, (30th no class) Dec 7th, 14th,

Cost: £72 for 9 classes. £10 Drop In .

To book all classes contact: isabel@movement4health.co.uk or geoffrey@movement4health.co.uk

Pay by cheque made out to Isabel Jones, or bacs transfer to IM Jones business account, Lloyds TSB, sort code: 30 18 98, Account number (0)0099091 Reference: Own Initials then M4H