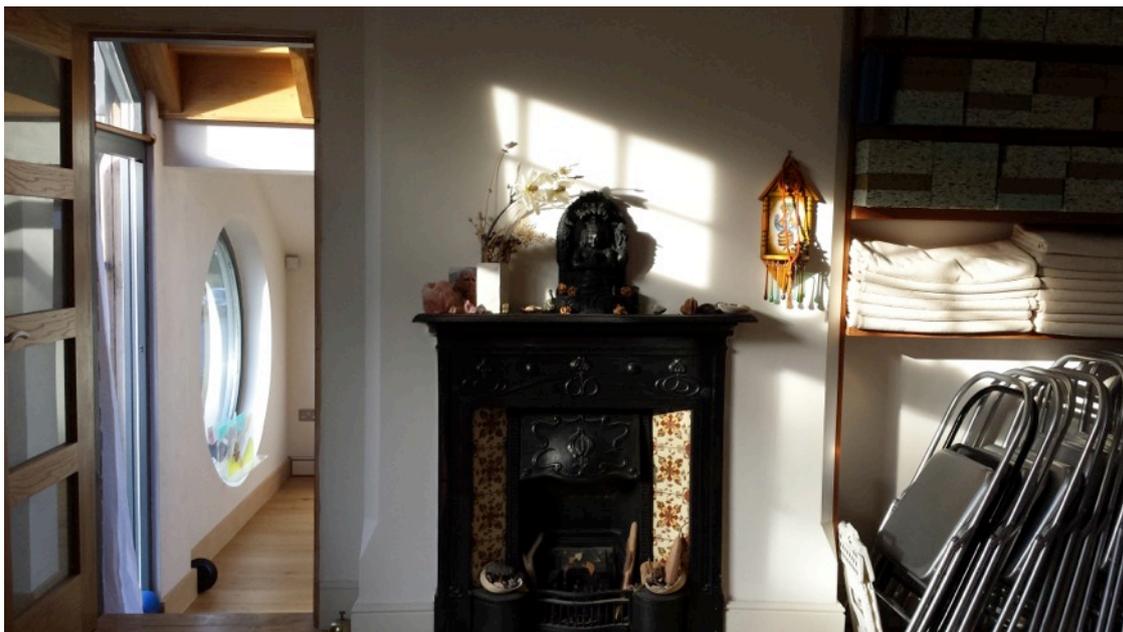


We're excited to announce that all classes will be in our fully equipped Iyengar Yoga home studio now. All you need to bring is you and your mat!



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

For those who have attended Iyengar Yoga classes regularly for at least 18 months. Students will be expected to know how to practice sarvangasana (shoulder stand) with correct equipment.

Dates: Jan 15, 22nd, 29th, Feb 5th, 12th, 19th, (26th Break) March 5th, 12th, 19th, 26th

Cost: £100 for 10 classes. Booking essential

Iyengar Yoga Intermediate Level 2 Tuesdays 6.30–8.30pm – Isabel

For those who have attended Iyengar Yoga Classes regularly for 3 years or more. Students will be expected to be able to practice sarvangasana (shoulder stand) & sirsasana (head stand).

Dates: Jan 16th, 23rd, 30th, Feb 6th, 13th, 20th, (27th Break) March 6th 13th, 20th, 27th

Cost: £120 for 10 classes. £15 drop in by permission of teacher. Booking Essential

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

For those who have attended Iyengar Yoga classes regularly for at least 18 months, or by permission of the teacher.

Dates: Jan 11th, 18th, 25th, Feb 1st, 8th, 15th, 22nd, (March 1st break) March 8th, 15th, 22nd

Cost: £12 per class.

Iyengar Yoga Introductory Level 1 Thursdays 6.30–8.00pm – Geoffrey

For adult beginners, or newcomers to the Iyengar Yoga method. Students are introduced to basic asanas (postures), which build strength and stamina and improve flexibility.

Dates: Jan 11th, 18th, 25th, Feb 1st, 8th, 15th, 22nd, (March 1st break) March 8th, 15th, 22nd

Cost: £100 for 10 classes. Book 3 consecutive classes for a Trial Taster Experience £36

Iyengar Yoga Intermediate Level 1 Saturdays 9.30–11.00pm – Geoffrey

For those who have attended Iyengar Yoga Classes regularly for more than 2.5 years or by permission of the teacher. Students will be expected to be able to practice sarvangasana (shoulder stands) and sirsasana (head stand).

Dates: Jan 13th, 20th, 27th, Feb 3rd, 10th, 17th, 24th, March 3rd, 10th

Cost: £12 per class. Discount available for 5 or more booked classes

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