



Iyengar Yoga Studio West Bridgford

July 12 – 14th 2024 Summer at the Studio Weekend

Join Isabel and Geoffrey, and enjoy learning with others, for this rejuvenating summer weekend of yoga in the studio.

All welcome.

The sun is shining, the trees are verdant, the herbs abundant and we are truly grateful for the sense of peace, joy, practice and community we share with you. Over the last few weeks, we've all been hearing the lovely wren through the studio open windows, nesting in the bushes opposite the door. It feels warm and airy, and we welcome you to join us in this summer practice of yoga.

Over the weekend we will explore asana, pranayama and philosophy, including chanting, to help build strength, awareness and harmony in the body, mind, breath. As we practice, we focus on developing our body's natural tendency towards health and self-healing. Supported by the principles of alignment, extension and directionality in Iyengar yoga, to develop healthy movement; we lift our body energy, reduce our anxiety, and find calm, to improve both our mental and physical well-being.

Programme includes:

Friday Evening: 6.15 – 8pm recuperative class.

Saturday Morning: 9.30 – 12.00 (asana & pranayama)

Sunday Morning 9.30 – 12.15 (asana, & philosophy)

12.15 – 1.15pm social with snacks and drinks

Total Price for all 3 classes/7 hours yoga = £70.

Last 3 places left so do get in touch if you'd like a place.

A couple of drop in spaces are also available: Fri: £20. Sat: £30. Sun: £35

Payments by Bacs to:

Isabel Jones. TSB sort code: 30 18 98. Business Acc: 00099091. Payment ref: wkend