



## Iyengar Yoga Studio West Bridgford Autumn 2024

Isabel Jones Fielding: Senior Iyengar Yoga Teacher

Geoffrey Fielding: Intermediate Iyengar Teacher

*Iyengar yoga classes for complete beginners, improvers, intermediate and advanced students. Professional development and training for yoga teachers & trainees*

### **Monday Level 1 & 2 Introductory: 5.30–7.00pm – Isabel & Geoffrey (Hybrid)**

For those who have attended Iyengar Yoga classes regularly for 1 year, or attended our beginners courses. Students will be expected to know how to practice sarvangasana (shoulder stand) with correct equipment.

Sept 16, 23, 30, Oct 7, 14, 21 (28 Half Term no Class), Nov 4, 11, 18, 25, Dec 2, 9 (\*\*Xmas social after class – all welcome)

**12 classes = £132. £13 per Drop In class (Payment Ref: Mon1)**

### **Tuesday Level 2 & 3 Intermediate: 5.30–7.15pm – Isabel (Hybrid)**

For experienced students, teachers and teacher trainees who have attended Iyengar Yoga Classes regularly for 3 years or more. Students will be expected to have their own practice in place, as well as Sirsasana & Sarvangasana.

Sept 17, 24, Oct 1, 8, 15, 22 (29 Half Term no Class), Nov 5, 12, 19, 26, Dec 3, 10

**12 Classes £156 (or £143 includes summer term owed class). £15 per drop in class (Payment Ref: Tues1)**

### **Thursday Level 2 Introductory: 10.00–11.30am – Isabel and Geoffrey (Hybrid)**

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

Students will be expected to know how to practice sarvangasana (shoulder stand) with correct equipment/know alternatives.

Sept 19, 26, Oct 3, 10, 17, 24 (31 Half Term no Class) 7, 14, 21, 28, Dec 5, 12

**12 classes = £132. £13 drop in class (Payment Ref: Thurs1)**

### **Thursday Teenagers Class 4.10 – 5.10pm – Isabel (In Studio Only)**

A visually impaired person (VIP) friendly environment, for teenagers, friends and parents to practice together. Lively, fun, & friendly, we learn; a wide range of yoga poses; relaxation; & the roots of yoga in India & the philosophy behind it.

Sept 19, 26, Oct 3, 10, 17, (Oct 24 & 31 Half Term no Classes) 7, 14, 21, 28, Dec 5

**10 classes = £5 per class (Payment Ref: Thurs2)**

### **Thursday Beginners: 5.30–6.45pm – Geoffrey (In Studio Only)**

For beginners to Yoga, doing Iyengar Yoga for the first time, or returning after a long break. All welcome.

Sept 19, 26, Oct 3, 10, 17, 24 (31 Half Term no Class) 7, 14, 21, 28, Dec 5, 12

**12 classes = £120. £12 drop in class (Payment Ref: Thurs3)**

### **Saturday Level 1 Intermediate: 9.30–11.00am – Geoffrey & Isabel (Hybrid)**

For students who have attended Iyengar Yoga classes regularly for 2 years. Students are expected to know how to practice sarvangasana (shoulder stand) with correct equipment/know alternatives, & be learning sirsasana (headstand)

Sept 21, 28, Oct 5, 12, 19, 26 (Nov 2 Half Term no Class), 9, 16, 23, 30, Dec 7, 14

**12 Classes = £132. Drop In Class £13 (Payment ref: Sat1)**

### **Sun 24 Nov: IY(UK) Exchange of Learning Day ‘Yoga For All Ages’ with Isabel (In Studio)**

Yoga ‘is’ for all ages and throughout life: a wonderful professional development opportunity for teachers and trainees.

10 – 4pm = £35 (Payment ref: EL Day) <https://iyengaryoga.org.uk/teacher-events/exchange-of-learning-day-12/>

**\*\*Monday 9 December The Christmas Social with food 7.15 onwards after class!** Please RSVP for catering.

### **2025 ‘Level 2 Workshops’ with Isabel: Sun 12 Jan, Sun 9 Feb, & Sun 9 March (In Studio)**

These workshops focus on study of asana/pranayama in the Level 2 syllabus, building understanding from the foundations of the Level 1 syllabus. Ideal for experienced students, Level 1 teachers, mentees and trainee teachers, to further their knowledge, & anyone intending to take a Level 1 or 2 teaching assessment. 3 workshops = 10 hours in-person IY(UK) CPD

10.30 – 2pm = £35 per workshop. £95 for all 3 workshops (Payment ref: Sun L2)

**Payments:** Bacs to Isabel Jones, TSB sort code: 30 18 98, Account Number 00099091. PayPal: payments@iyogawestbridgford.uk or cash.

**\*Please use Class Ref to book.** In-studio places limited so make sure you’ve booked a place with us. Zoom links sent 1hr before class.