



Iyengar Yoga Studio West Bridgford Spring 2025

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.

Jan 13, 20, 27, Feb 3, 10, (17 Half Term no Class) 24, March 3, 10, 17, 24, 31, April 7

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.

Jan 14, 21, 28, Feb 4, 11, (18 Half Term no Class), 25, March 4, 11, 18, 25, April 1, 8,

12 Classes £156. £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.

Jan 16, 23, 30, Feb 6, 13, (20 Half Term no Class) 27, March 5, 13, 20, 27, April 3, 10,

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.

Jan 16, 23, 30, Feb 6, 13, (20 Half Term no Class) 27, March 5, 13, 20, 27, April 3

11 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.

Jan 16, 23, 30, Feb 6, 13, (20 Half Term no Class) 27, March 5, 13, 20, 27, April 3, 10,

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)

Jan 18, 25, Feb 1, 8, 15, (22 Half Term no Class), March 1, 8, 15, 22, 29, April 5, 12

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

3 Intermediate Level 2 Workshops: Sun 12 Jan, Sun 9 Feb, & Sun 9 March – Isabel (Hybrid)

A perfect way to energise, and lift up our yoga practice and teaching! Allowing more time than we have in a weekly class to explore a wide range of asana, we discover how the core directions and actions of the more challenging asana, start their roots in the beginners poses. Ideal for intermediate & experienced students, trainee teachers, Level 1 teachers & L2 mentees

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

Sun 2 March: IY(UK) Exchange of Learning Day 'Yoga For All Ages' – Isabel (In Studio) Yoga 'is' for all

ages & throughout life: professional development opportunity for teachers & trainees: **fully booked**

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

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.