



Iyengar Yoga Studio West Bridgford Summer 2025

Isabel Jones Fielding: Senior Iyengar Yoga Teacher

Geoffrey Fielding: Intermediate Iyengar Teacher

Iyengar yoga for beginners, improvers, intermediate and advanced students. Teacher training, mentoring and professional development

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

For students 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) safely with correct equipment/know alternatives.

May 12, 19, (26 no class) June 2, 9, 16, 23, 30, July 7, 14, 21. **10 classes = £120. £13 Drop In (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.

May 6, 13, 20, (27 no class) June 3, 10, 17, 24, July 1, 8, 15. **10 Classes = £130. £15 drop in (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.

May 8, 15, 22, (29 no class) June 5, 12, 19, 26, July 3, 10, 17. **10 classes = £120. £13 drop in (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.

May 8, 15, 22, (29 no class) June 5, 12, 19, 26, July 3, 10, 17. **£5 per class (Payment Ref: Thurs2)**

Thursday Beginners: 5.30–6.50pm – Geoffrey (In Studio Only)

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

May 8, 15, 22, (29 no class) June 5, 12, 19, 26, July 3, 10, 17. **10 classes = £120. (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)

May 10, 17, 24, (31 no class) June 7, 14, 21, 28, July 5, 12, 19 **10 Classes = £120. £13 Drop In (Payment ref: Sat1)**

Sunday Intermediate Level 2 Workshops: 18 May, 22 June, 20 July – Isabel (Hybrid)

Allowing more time to explore asana in depth, to discover how the core directions and actions interconnect, to reach more challenging asana. Ideal for intermediate & experienced students, trainee teachers, Level 1 teachers & L2 mentees

10.30 – 1.45pm (3 hr workshop, 15 min break) £32 per workshop. £90 for all 3 (Payment ref: Sun L2)

August Programme

Summer is still in the Air: the art of yoga practice. Tues 26– Sat 30 August – Hybrid

An opportunity to stretch, strengthen and relax, in our warm and welcoming studio, or online at home, with a series of general level yoga classes, self-practice sessions, book group, socials, and special soundart event, taking place over 5 days. Our Autumn programme doesn't start till Mon 29 September, as we are away running a yoga festival and on holiday. This series comes highly recommended for all students, and all levels are welcome to participate in all or part of the programme.

– Open studio, supported self-practice. Tues 26, & Weds 27. Open 9.30 – 11.30am – Geoffrey & Isabel

Geoffrey will be a guide and provide support where needed, providing some simple self practice sheets to take away

– 6 Morning & Evening classes: Thurs 28, Fri 29, Sat 30. 9.30–11am & 6.15–7.45pm – Isabel & Geoffrey

Learn the full spectrum of yoga with standing, seated & back bending asanas, breath awareness, relaxation and pranayama.

– Soundwalk Into Yoga and Wellbeing Events: Thurs 28 Aug. Bridgford Park with radio headphones.

12.30 – 1.30pm yogis, yogini's, seldom heard carers & friends. 4 – 5pm VI Teenagers and Friends. FREE

– Friday Lunchtime: Light on Life BKS Iyengar Book discussion / social: 11.15 – 1.15pm FREE

Total Cost: £100 includes 6 classes, 2 Self-Practice sessions 2 FREE events (Payment ref: Aug yoga)

Individual Class Booking: £15 per class. £12 per Practice Session (Payment ref: Aug yoga)

September 1st – 30th Practice with Isabel on film via zoom £30 for 5 sessions

Building on the August self-practice sessions with Geoffrey, to experience some of the unique benefits of self-practice at home. This new series of 5 x20 min practice sessions will be presented on film, accessible via zoom, created and designed by Isabel for IYSWB students. Regular practice is worth investing in, as it helps improve and maintain mobility, stability, strength and flexibility, and build independence to access self healing. Its hard to remember what we learn in class, so these simple sessions can be repeated as many times as needed, available to access between 1 – 30 September. In the height of our 2024 summer, Isabel ran a successful pilot. This year the practice is designed for early Autumn, as days become a little cooler, a little shorter, pressure of return to school and work may have increased, the need to focus, help concentration, build resilience, and lift energies. Presented with accompanying practice notes so that students can continue beyond.

Autumn Live Class Programme Begins on Monday 29th September

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Sept 29, Oct 6, 13, (20 no Class) 27, Nov 3, 10, 17, 24, Dec 1, 8.

10 classes =£120. £13 Drop In (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 30, Oct 7, 14, (21 no Class) 28, Nov 4, 11, 18, 25, Dec 2, 9.

10 Classes =£130. £15 drop in (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.

Oct 2, 9, 16, (23 no Class) 30, Nov 6, 13, 20, 27, Dec 4, 11

10 classes =£120. £13 drop in (Payment Ref: Thurs1)

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Oct 4, 11, 18, (25 no Class), Nov 1, 8, 15, 22, 29, Dec 6, 13

10 Classes =£120. £13 Drop In (Payment ref: Sat1)

Sunday Intermediate Level 2 Workshops: 12 Oct, 9 Nov, 14 Dec –Isabel (Hybrid)

Allowing more time to explore asana in depth, to discover how the core directions and actions interconnect, to reach more challenging asana. Ideal for intermediate & experienced students, trainee teachers, Level 1 teachers & L2 mentees

10.30 – 1.45pm (3 hr workshop, 15 min break) £32 per workshop. £90 for all 3 (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.