



Iyengar Yoga Studio West Bridgford Summer / Autumn 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

Summer Sunday Intermediate Level 2 Workshop: 20 July

Allowing time to explore asana in depth, discover how 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 (3hr workshop, 15 min break) £32 drop in. (Payment ref: Sun L2)

August Yoga Classes: Summer is Still in The Air! (in-studio & online)

August is the perfect time to stretch, strengthen and relax. We've programmed 10 summer classes and 2 practice sessions, that can be booked individually or combined together to suit everyone and fit in around hols. Evening classes begin a little later at 6.15pm (Permit zone finishes at 6pm, so you can park opposite the studio). Morning classes begin a little earlier at 9.30am. All students are welcome to any classes or practice sessions listed below, regardless of what level class you normally attend. You can join us in-studio or online.

Date	Time	Description	Drop in Cost	Block Booking for 8 or more
Price:			£15	£12.50/class
Thursday Evening Aug 7	6.15 – 7.45pm	Class	“	“
Saturday Morning Aug 9	9.30 – 11am	Class	“	“
Thursday Evening Aug 14	6.15 – 7.45pm	Class	“	“
Saturday Morning Aug 16	9.30 – 11am	Class	“	“
Tuesday Morning Aug 26	9.30 – 11.30am	Self Practice *	“	“
Wednesday Morning Aug 27	9.30 – 11.30am	Self Practice *	“	“
Thursday Morning Aug 28	9.30 – 11am	Class	“	“
Thursday Lunchtime Aug 28	12.30 – 1.30pm	Soundwalk into Wellbeing **	FREE	
Thursday Evening Aug 28	6.15 – 7.45pm	Class	“	“
Friday Morning Aug 29	9.30 – 11am	Class	“	“
Friday Elevenses' Aug 29	11.15 – 1.15pm	BKS Iyengar Light on Life. Book discussion social	FREE	
Friday Evening Aug 29	6.15 – 7.45pm	Class	“	“
Saturday Morning Aug 30	9.30 – 11am	Class	“	“
Saturday Evening Aug 30	6.15 – 7.45pm	Class	“	“

*Self Practice

Discover the joy and marvellous effects of self-practice. These 2 sessions are set within our fully equipped studio and also available online, with friendly support and guidance on-hand from us, for anyone that would like it. Drop in start times begin at 9.30am, but are down to individual preference, if you'd like a shorter or longer time its up to you. Last studio arrivals or log in time 11am. Teas and social area, running downstairs all morning. Simple self-practice sheets to take away

**Soundwalk Into Wellbeing: Thursday 28 Aug Departs IYSWB@12.30pm

Join us for a special Soundwalk into Wellbeing, developed by Isabel and Biant Singh, embedding yoga philosophy; and our first 'Light on Life' (BKS Iyengar) book group, as well as other times to socialise.

Payments and Booking: (Payment ref Aug yoga)

Block booking available when booking any 8 classes / practice sessions or more @£12.50 each per class
Summer is Still In The Air: 6 classes & 2 Practice sessions plus all FREE events=£100

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

Building on the August self-practice sessions, 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 Class Programme Begins on Monday 29th September

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.

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

10 classes =£120. £14 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. £16 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. £14 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.

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

£50 for 10 classes. £8 drop in 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.

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

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)

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

10 Classes =£120. £14 Drop In (Payment ref: Sat1)

Autumn Sunday Intermediate Level 2 Workshops: 12 Oct, 9 Nov, 14 Dec –Isabel

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

10.30–2pm (Yoga asana workshop/discussion & refreshments) £90 all 3. £35 drop in (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.