



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

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.

***Light on Life BKS Iyengar Book Discussion and Social: Friday 29 Aug 11.15 – 1.15pm

Join the Satsang/discussion on BKS Iyengar's book 'Light on Life'. All yoga students welcome FREE event

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