



## Iyengar Yoga Studio West Bridgford Spring Term 2026

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.

Jan 12, 19, 26, Feb 2, 9 (16 no class), 23, Mar 2, 9 16, 23.

**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.

Jan 13, 20, 27, Feb 3, 10, (17 no class), 24, Mar 3, 10, 17, 24.

**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.

Jan 15, 22, 29, Feb 5, 12, (19 no class), 26, Mar 5, 12, 19, 26.

**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.

Jan 15, 22, 29, Feb 5, 12, (19 no class), 26, Mar 5, 12, 19, 26.

**£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.

Jan 15, 22, 29, Feb 5, 12, (19 no class), 26, Mar 5, 12, 19, 26.

**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)

Jan 17, 24, 31, Feb 7, 14, (21 no class), 28, Mar 7, 14, 21, 28.

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

### **Spring Sundays: Intermediate Level 2 Workshops: 15 Feb, 15 March, 12 April – 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

**\*Please use Class Ref to book.**

In-studio places are limited so make sure you've booked a place with us. Zoom links sent 1 hr before class.