



## Iyengar Yoga Studio West Bridgford Summer 2026

*...weekly classes & workshops for beginners, intermediate & advanced students, & professional development for teachers, trainees & mentees...*

Isabel Jones Fielding: Senior Iyengar Yoga Teacher

Geoffrey Fielding: Intermediate Iyengar Teacher

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

For those who have attended Iyengar Yoga classes regularly for 18 months and attended our beginner's courses. Students will be expected to know how to practice sarvangasana (shoulder stand) with correct equipment/know alternatives.

April 13, 20, 27 (May 4 Bank Hol no class) 11, 18, (25 Half term no class), June 1, 8, 15, 22, 29, July 6,13

**12 classes = £144 Drop In class £14. (Payment Ref: Mon1)**

### **Tuesday Intermediate Level 2 & 3: 5.30 – 7.15pm – Isabel (Hybrid)**

For experienced students, teachers and teacher trainees. Students will be expected to have their own practice in place, and be able to practice sarvangasana (shoulder stand) & sirsasana (head stand) with correct equipment/know alternatives

April 14, 21, 28, (May 5 no class) 12, 19, (26 May Half Term) June 2, 9,16, 23, 30. July 7,14

**12 Classes £156. Drop in class £16 (Payment Ref: Tues1)**

### **Thursday Introductory Level 2: 10.00 – 11.30am – Isabel and Geoffrey (Hybrid)**

For those who have attended Iyengar Yoga classes regularly for at least 2 years, or by permission of the teacher. Students will be expected to know how to practice sarvangasana (shoulder stand) correct equipment/know alternatives.

April 16, 23, 30, May 7, May 14, 21, (28 May half term) June 4, 11, 18, 25, July 2, 9, 16

**13 classes = £156. Drop in class £14 (Payment Ref: Thurs1)**

### **Thursday Teenagers Class 4.15 – 5.15pm – Isabel (in-person)**

A visually impaired person (VIP) friendly environment for teenagers, friends and parents to access yoga together. Learning a wide range of yoga poses, to develop flexibility, body awareness, and relaxation, and explore the roots of yoga in India

April 16, 23, 30, (May 7 no class), May 14, 21, (28 May half term) June 4, 11, 18, 25, July 2, 9

**11 classes = £5 per class. 2 teens from the same family =£7.50.(Payment Ref: Thurs2)**

### **Thursday Beginners/improvers: 5.30 – 7pm – Geoffrey (in-person)**

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

April 16, 23, 30, May 7, May 14, 21, (28 May half term) June 4, 11, 18, 25, July 2, 9,16

**13 classes = £156 Drop in class £14 (Payment Ref: Thurs3)**

### **Saturday Intermediate Level 1: 9.30 – 11.00am – Geoffrey and 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)

April 18, 25, (May 2 Bank Hol no class) May 9, 16, 23, (30 Half Term) 6, 13, 20, 27 online only. July 4, 11

**11 Classes = £132. Drop In Class £14 (Payment ref: Sat1)**

### **Sunday Level 2 Workshops: 12 April (previous term). 17 May, 21 June,19 July (In Studio)**

These workshops focus on Intermediate level 1 and 2 study of asana/pranayama building understanding from the foundations. Ideal for experienced students with 3+ years of practice, Level 1 teachers, mentees and trainee teachers, to further their knowledge, & anyone intending to take a teaching assessment. 3 workshops = 10 hours in-person IY(UK) CPD  
**10.30 – 2pm = £35 per workshop. (inc. break/drinks/snacks) £95 for 3 workshops (Payment ref: Sun L2)**

### **Yoga Weekend for All levels: Fri July 17 – Sun 19: Hybrid in-person & online.**

8.5 hrs of yoga includes: Fri eve: 6.15 – 8pm hip work / recuperative. Sat morning: 9.30 – 11.15am standing poses. Sat eve: 6.15 – 8pm seated poses / twists. Sun 10.30 – 2pm: 10.30 – 12.30 Back bends. 1 – 2pm pranayama and relaxation.

**Weekend Event Price: £85 (Drop in Class = £18. L2 Sunday workshop = £35) Payment ref July wkend**

### **Yoga Summer School: Tues 11 – Sun 16 August: £140 In-Person. Isabel & Geoffrey**

A series of 8 x 1.5hr general level yoga classes, 2 practice sessions, a book group, socials and special soundart event. Learn the full spectrum of yoga with standing, seated & back bending asanas, breath awareness, relaxation, pranayama, chanting and philosophy. All students, all levels welcome to all or part. See more information on next Page

**Summer School:£140 inclusive of all classes, practice sessions and socials. Payment ref: Aug yoga. Drop in £15 x1.5hr class /session. Soundwalk Into Wellbeing Drop in: £20, teenage group members: Free**

## Yoga Summer School: Full Programme: 11 – 16 August

Fun, friendly and developmental: join expert teachers / guides, meet other students from the yoga community for this 6 day summer school. An opportunity to learn a wide range of asana, benefit from the unique summer school experience with 8 daily classes (12hrs of yoga), learn how to develop self-practice with support in a non-pressurised friendly environment, like we do at RIMYI Pune India, and take part in discussions, Soundwalk into Wellbeing, chanting and sound.

### 2 x Open studio, supported self-practice: Tues 11 & Weds 12: Open 9.30 – 11.30am

Discover the joy of self-practice, within our fully equipped studio. Friendly on-hand support and guidance available from Geoffrey and Isabel. Drop in start time is up to you, last studio arrivals 11am. Teas and social area available downstairs all morning

### 1 x Soundwalk Into Yoga and Wellbeing: Wednesday 12: 1 – 2pm. Bridgford Park with radio headphones

Join us for a special guided Soundwalk into Wellbeing. Originally developed by Isabel, Geoffrey and Biant Singh with original live music transmitted through radio headsets, connecting yoga & nature. Includes sung voice, instruments and location recordings

### 8 x 1.5hr Morning & Evening classes Thurs 13 – Sunday 16th

Thurs 13: 9.30 – 11am & 6.15 – 7.45pm

Fri 14: 9.30 – 11am & 6.15 – 7.45pm

Sat 15: 9.30 – 11am & 6.15 – 7.45pm

Sun 16: 10.30 – 12.00pm. (Short Break for drinks and snacks)

Sun 16: 12.30 – 2pm Chanting with harmonium

### Social Event/discussion Fri 14: 11.30 – 1pm

Patanjali Light on The Yoga Sutras: book discussion, social & snacks

### Summer School Price: £140 includes all classes, practice sessions, soundwalk and socials

Drop in £15 x 1.5hr class or practice session. Drop in: £20 Soundwalk Into Wellbeing (FREE for teenage group members. Payment ref: Aug yoga.

### Practice with Isabel Aug 21 – September 21. £35 x 8 sessions (Payment Ref: isyoga)



Back by popular demand and accessible to all: experience some of the unique benefits of self-practice at home with Isabel this summer, with 8 films designed for IYSWB students. Each practice session is approx. 20mins and Isabel shows adaptations to suit all levels beginners to advanced. This years themes include: 'Just one thing! 'a brick', 'a belt', 'a chair', 'Setu bandha variations: the bridge', 'weight bearing practice for bone density', 'recoup/recovery from travel /running or other summer activities'. As well as standings, seated, twists, forward bends and inverted poses woven in throughout.

Do write to us if you have any requests for the practice this year. You can be sure of simple accessible ways in, using a minimum of equipment. Regular practice is a boon for health and helps improve and maintain mobility, stability, strength and flexibility, building our independence to access self-healing. Made with high quality audio-visuals, developed by Isabel and Geoffrey for international yoga conventions, the films can be repeated & accessed anytime, anywhere. Accessible via the zoom recording platform; so you can access as many times as needed between Aug 21 – 21 September

**Payments. Bacs:** Isabel Jones. TSB sort code: 30 18 98. Business Acc: 00099091. PayPal: payments@iyogawestbridgford.uk or cash (**Please use Class Ref**). Zoom links sent 1 hour before class. Hybrid in studio space =10. In person only =14. Book to ensure a place.



Iyengar Yoga Studio West Bridgford Autumn 2026  
*...weekly classes & workshops for beginners, intermediate & advanced students, & professional development for teachers, trainees & mentees....*  
Isabel Jones Fielding: Senior Iyengar Yoga Teacher  
Geoffrey Fielding: Intermediate Iyengar Teacher

### **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 21, 28, Oct 5, 12, (19 no Class) 26, Nov 2, 9, 16, 23, 30, Dec 7.

**11 classes = £132 £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 22, 29, Oct 6, 13, (20 no Class) 27, Nov 3, 10, 17, 24, 31, Dec 8

**11 Classes = £143. £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.

Sept 24, Oct 1, 8, 15, (22 no Class) 29, Nov 5, 12, 19, 26, Dec 3, 10

**11 classes = £143. £14 drop in (Payment Ref: Thurs1)**

### **Thursday Teenagers Class 4.15 – 5.15pm – 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.

Sept 24, Oct 1, 8, 15, (22 no Class) 29, Nov 5, 12, 19, 26, Dec 3, 10

**£5 per class. 2 teens from the same family = £7.50 (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.

Sept 24, Oct 1, 8, 15, (22 no Class) 29, Nov 5, 12, 19, 26, Dec 3, 10

**11 classes = £143. (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)

Sept 26, Oct 3, 11, 17, (24 no Class) 31, Nov 7, 14, 21, 28, Dec 5, 12

**11 Classes = £143. £15 Drop In (Payment ref: Sat1)**

### **Autumn Sunday Intermediate Level 2 Workshops: 20 Sept, 25 Oct, 22 Nov – 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:** Isabel Jones. TSB sort code: 30 18 98. Business Acc: 00099091. PayPal: payments@iyogawestbridgford.uk or cash (**Please use Class Ref**). Zoom links sent 1 hour before class. Hybrid in studio space =10. In person only =14. Book to ensure a place.