

Iyengar Yoga Studio West Bridgford Summer 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 10<sup>th</sup> August 10 – 1pm. Teenage / young person's workshop Level 1 syllabus: In-Person**

An intensive workshop including a break for drinks and snacks. Designed for young people interested in developing personal practice and or teaching. Minimum 1 year – 3 years regular practice or by permission of the teacher.

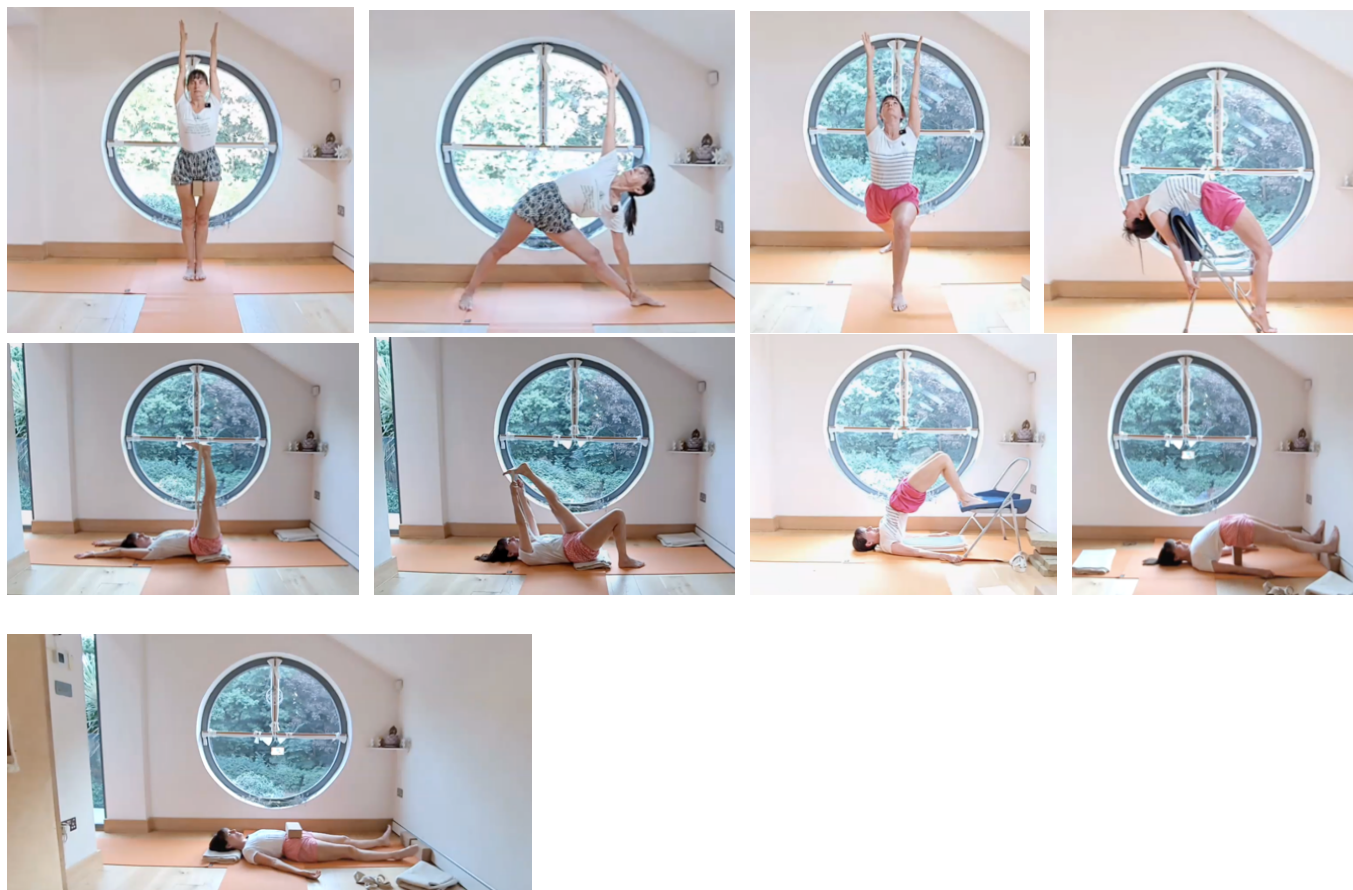
**Yoga Summer School: Tues 11 – Sun 16 August: Total Price £140 / £15 drop in. Full Timetable below**

Includes 6 yoga classes, 2 practice sessions, 1 chanting sound workshop, 1 talk/discussion and socials

**Note:** there have been some alterations due to extreme weather forecast on weds / thursday afternoons. So the original Thursday evening class won't happen, and the Soundwalk – weather too hot to run as initially planned on Wednesday lunchtime, so has been adapted to form part of the Sunday chanting / sound workshop 12.30 – 2pm

| <i>Theme</i>                                     | <i>Date</i>                 | <i>Time</i>              | <i>Notes</i>                                                                                                                  |
|--------------------------------------------------|-----------------------------|--------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| Open Studio / Supported Practice                 | Tues 11 Aug                 | Open Between 9.30 – 11am | Learning the joy of self practice with support                                                                                |
| Studio Open Practice                             | Weds 12 Aug                 | 9.30 – 11am              | Continues....                                                                                                                 |
| Yogasana Class                                   | Thurs 13 <sup>th</sup> Aug  | 9.30 – 11am              |                                                                                                                               |
| Yogasana Class                                   | Fri 14 <sup>th</sup> August | 9.30 – 11am              |                                                                                                                               |
|                                                  |                             | Break                    | Drinks and Snacks                                                                                                             |
| Introduction to yoga philosophy/Discussion       | Fri 14 <sup>th</sup> Aug    | 11.30 – 12.30            | Light on The Yoga Sutras of Patanjali, for daily life                                                                         |
| Pranayama and breath awareness Class             | Fri 14 <sup>th</sup> Aug    | 6.15 – 7.45pm            | Cooling supine class                                                                                                          |
| Yogasana Class                                   | Sat 15 <sup>th</sup> August | 9.30 – 11am              |                                                                                                                               |
| Recuperative class                               | Sat 16 <sup>th</sup> Aug    | 6.15 – 7.45pm            | Supine poses / working on hip flexibility                                                                                     |
| Yogasana Class                                   | Sun 16 <sup>th</sup> August | 10.30 – 12.00            |                                                                                                                               |
|                                                  |                             | Break                    | Drinks and Snacks                                                                                                             |
| Special Chanting / soundart workshop with Isabel | Sunday 16 <sup>th</sup> Aug | 12.30 – 2pm              | Includes: the 'Invocation to Patanjali'; 'Guru Chant'; yoga sutras, and Aum with Harmonium. Meditation on the 'So Ham' Mantra |

Practice with Isabel Aug 21 – September 21. Price: £35 (Payment Ref: isyoga)



Regular practice is a boon for health and helps improve and maintain mobility, stability, strength and flexibility, building our independence to access self-healing.

Back by popular demand and accessible to all: experience some of the unique benefits of self-practice at home 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 year's 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, with simple accessible ways in, using a minimum of equipment.

Made with high quality audio-visuals, developed by Isabel and Geoffrey for international yoga conventions; these films can be accessed anytime, anywhere, via the zoom platform; so you can access as many times as you would like for a month between Aug 21 – 21 September.

Do write to us if you have requests for practice themes and support this year.

### **Total Cost: £35**

Includes 8 practice sessions (approximately 20 mins each). Available on our zoom platform Aug 21 – September 21 (Payment Ref: isyoga)

# Iyengar Yoga Studio West Bridgford Autumn Term 2026

**Starts Monday 21<sup>st</sup> September 2026**

## **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 £15 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. £15 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, young people, friends and parents to practice together.

Lively, fun, & friendly, we learn; a wide range of yoga poses; relaxation; & the roots of yoga in Indian philosophy

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

**£5 per class. 2 young people 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)**

## **IY(UK) Professional Development Day with Isabel Sunday Nov 29<sup>th</sup>: £45 10.30 – 4.30pm**

This year's CPD programme Exchange of Learning, explores the practice of Pranayama, and the core principles of Yama, Niyama and Equality in yoga philosophy. The day will include taught practice, as well as interactive opportunities to work individually, in pairs and in small groups, and discussion allowing time to share knowledge and skills.

**Cost: £45. Time 10.30 – 4.30 (includes a lunch break. Held in-person at IYSWB (Payment Ref: PD Day)**

**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.