

# IYENGAR® YOGA

## Autumn 2010 with Judith Jones

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|--------------------|--------------------------------|--|--|
| 1) <b>MON. am</b>  | Newbury                        | Speen Parish Hall.....                 | INTERMEDIATE level 1                                       |
|                    | 6 Sept – 6 Dec<br>9.45 – 11.45 | 12 weeks.....                          | £96 (or 2 payments of £50)<br>No classes : 25 Oct, 1 Nov   |
| 2) <b>TUES. pm</b> | Hungerford                     | The Croft Hall.....                    | general level  |
|                    | 7 Sept – 7 Dec<br>7.30 – 9.15  | 12 weeks.....                          | £84 (or 2 payments of £44)<br>No classes : 26 Oct, 2 Nov   |
| 3) <b>WED. am</b>  | Wantage                        | St. Mary's Convent., The Guildry... .. | general level  |
|                    | 8 Sept – 8 Dec<br>9.30 – 11.15 | 12 weeks .....                         | £84 (or 2 payments of £44)<br>No classes : 20 Oct, 27 Oct. |
| 4) <b>WED. pm</b>  | Newbury                        | URC, Woodbridge Room.....              | INTERMEDIATE level 2                                       |
|                    | 8 Sept – 8 Dec<br>7.00 - 9.00  | 12 weeks.....                          | £96 (or 2 payments of £50)<br>No classes : 20 Oct, 27 Oct  |
| 5) <b>THUR. am</b> | Newbury                        | URC, Woodbridge Room.....              | general level  |
|                    | 9 Sept – 9 Dec<br>9.45 – 11.15 | 12 weeks.....                          | £80 (or 2 payments of £42)<br>No classes : 21 Oct, 28 Oct  |
| 6) <b>THUR. pm</b> | Newbury                        | Speen Parish Hall.....                 | general level  |
|                    | 9 Sept – 9 Dec<br>7.30 – 9.15  | 12 weeks.....                          | £84 (or 2 payments of £44)<br>No classes : 21 Oct, 28 Oct  |

N.B. Sept 16 & Nov 18 This class will be held at Shaw-cum-Donnington V. Hall 7.45 – 9.30

**General level** – suitable for beginners & on-going students

**Intermediate level** – for those who have a good foundation in Iyengar yoga with regular attendance at general classes, usually at least 3 years, who wish to develop their practice in depth & scope. Level 1 for those who are able to hold Sarvangasana for 5 mins. Level 2 for those who can hold Sarvangasana & Sirsasana each for 5 mins.

**Drop-in charge** : with prior arrangement, space permitting : £8 general £9 intermediate

**Concessions** : Over 70's, students, unemployed : Deduct £10 from full fee

**Missed classes** : you can catch up by attending any other suitable class, space permitting

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