



IYENGAR® YOGA Summer 2012 with Judith Jones

- 1) MON. am Newbury Speen Parish Hall..... INTERMEDIATE Level 1**
16 April – 16 July 11 weeks..... **£94** (or 2 payments of £48)
9.45 – 11.45 No class : 7 May, 28 May, 4 June
- 2) TUES. pm Hungerford The Croft Hall..... General Level**
17 April – 26 June 9 weeks..... **£68** (or 2 payments of £35)
7.30 – 9.15 No class : 29 May, 5 June
- 3) WED. am Wantage St. Mary's Convent., The Guildry... General Level**
18 April – 18 July 12 weeks **£90** (or 2 payments of £46)
9.30 – 11.15 No class : 30 May, 6 June
- 4) WED. pm Newbury URC, Woodbridge Room..... INTERMEDIATE Level 2**
18 April – 18 July 12 weeks..... **£102** (or 2 payments of £52)
7.00 - 9.00 No class : 30 **May**, 6 June
- 5) THUR. am Newbury URC, Woodbridge Room..... General Level**
19 April – 19 July 12 weeks..... **£88** (or 2 payments of £45)
9.45 – 11.15 No class : 31 **May**, 7 June
- 6) THUR. pm Newbury Speen Parish Hall..... General Level**
19 April – 19 July 12 weeks..... **£90** (or 2 payments of £46)
7.30 – 9.15 No class : 31 **May**, 7 June

General Level : suitable for beginners and on-going students

Intermediate Level : Suitable for Iyengar Teachers, Trainee teachers and students who have regularly attended general classes, usually for at least 3 years, who wish to develop their practice.

Level 1 : Students should be able to hold Sarvangasana for 5 mins.

Level 2 : Students should be able to hold Sirsasana for 5 mins. and Sarvangasana with Halasana for 8 mins.