



## IYENGAR YOGA with Judith Jones SUMMER TERM 2018

Mon 9.45 – 11.45 INTERMEDIATE Level 1 Newbury, Speen Parish Hall  
Apr 16 – July 16 (11 wks) £ 109 ( or £50 + £60 ) NO Classes: May 19:  
May 28: June 4

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Wed 7.00 – 9.00 INTERMEDIATE Level 2 Hungerford, Town Hall  
Apr 18 – July 18 (12 wks) £ 118 ( or £60 + £60 ) NO Classes: May 30: June 6

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Thurs 10 – 11.30 MIXED ABILITY Boxford Village Hall  
Apr 19 – July 19 (12 wks) £ 104 ( or £53 + £53 ) NO Classes: May 31: June 7

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Drop- in Fee, per class, space permitting : Intermediate £12 Mixed Ability £10

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**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.