



## IYENGAR YOGA with Judith Jones AUTUMN TERM 2017

Mon 9.45 – 11.45 INTERMEDIATE Level 1 Newbury, Speen Parish Hall

4 Sept – 11 Dec (13 wks) £ 128 ( or £60 + £70 ) NO Classes Oct 16, 23

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Tues 7.30 – 9.00 MIXED ABILITY Hungerford, Croft Hall

5 Sept – 12 Dec (12 wks) £ 105 ( or £45 + £62 ) NO Classes Oct 10, 17, 24

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Wed 7.00 – 9.00 INTERMEDIATE Level 2 Hungerford, Town Hall

6 Sept – 13 Dec (12 wks) £ 118 ( or £50 + £70 ) NO Classes Oct 11, 18, 25

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Thurs 10 – 11.30 MIXED ABILITY Boxford Village Hall

7 Sept – 14 Dec (12 wks) £ 105 ( or £45 + £62 ) NO Classes Oct 12, 19, 26

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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.