



IYENGAR YOGA with Judith Jones AUTUMN TERM 2018

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

Sept 3 – Dec 10 (14 wks) £ 154 (or £78 + £78) NO CLASS: Oct 22

Wed 7.00 – 9.00 INTERMEDIATE Level 2 Hungerford, Town Hall

Sept 5 – Dec 12 (14 wks) £ 154 (or £78 + £78) NO CLASS: Oct 24

Thurs 10 – 11.30 MIXED ABILITY Boxford Village Hall

Sept 6 – Dec 13 (14 wks) £ 119 (or £61 + £61) NO CLASS: Oct 25

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.