



## IYENGAR YOGA with Judith Jones SUMMER TERM 2017

Mon 9.45 – 11.45 INTERMEDIATE Level 1 Newbury, Speen Parish Hall  
24 Apr- 17 July (11 wks) £108 (or £55 x 2) NO CLASS 1<sup>st</sup> May & 29 May

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Tues 7.30 – 9.00 MIXED ABILITY Hungerford, Croft Hall  
25 Apr- 18 July (12 wks) £105 (or £54 x 2) NO CLASS 30 May  
N.B. 4 July & 11 July classes at the Town Hall

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Wed 7.00 – 9.00 INTERMEDIATE Level 2 Hungerford Town Hall  
26 Apr – 19 July (12 wks) £118 (or £60 x 2) NO CLASS 31 May

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Thurs 10 – 11.30 MIXED ABILITY Boxford Village Hall  
27 Apr – 20 July (11 wks) £96 (or £49 x 2) NO CLASS 4 May (Polling Day)  
& 1<sup>st</sup> June

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Drop- in Fee, per class, space permitting : Intermediate £12 : General £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.