

### Monday

|                 |                 |                            |
|-----------------|-----------------|----------------------------|
| ● INTERMEDIATE  | 9.30 - 11.30am  | Stephen Richardson         |
| ● BEGINNERS     | 10.00 - 11.30am | Amparo Rodriguez           |
| ● GENERAL       | 11.45 - 1.15pm  | Judy Smith                 |
| ● GENTLE YOGA   | 12.00 - 1.30pm  | Rosemary da Silva          |
| ● REMEDIAL*     | 2.00 - 3.30pm   | Judy Smith                 |
| ● CHILDREN*     | 5.00 - 6.00pm   | Korinna Pilafidis-Williams |
| ● TEENAGERS*    | 5.00 - 6.00pm   | Harshini Wikramanayake     |
| ● INTRO COURSE* | 6.30 - 7.45pm   | Judy Lynn                  |
| ● GENERAL       | 6.30 - 8.00pm   | Korinna Pilafidis-Williams |
| ● BEGINNERS     | 8.00 - 9.30pm   | Ainhoa Acosta              |

### Tuesday

|                |                 |                        |
|----------------|-----------------|------------------------|
| ● GENERAL      | 9.30 - 11.00am  | Megan Inglesent        |
| ● BEGINNERS    | 11.15 - 12.45pm | Jackie McCaul          |
| ● REMEDIAL*    | 12.50 - 2.20pm  | Judy Smith             |
| ● BEGINNERS    | 6.15 - 7.45pm   | Kate Rathod            |
| ● INTERMEDIATE | 6.30 - 8.30pm   | Marco Cannavo          |
| ● GENERAL      | 7.45 - 9.15pm   | Harshini Wikramanayake |

### Wednesday

|                 |                 |                     |
|-----------------|-----------------|---------------------|
| ● EARLY MORNING | 7.00 - 8.30am   | Amparo Rodriguez    |
| ● GENERAL       | 10.00 - 11.30am | Elisabeth Wengersky |
| ● BEGINNERS     | 12.00 - 1.30pm  | Judy Lynn           |
| ● GENTLE YOGA   | 12.00 - 1.30pm  | Rosemary da Silva   |
| ● TEACHERS      | 2.00 - 4.00pm   | Penny Chaplin       |
| ● BEGINNERS     | 6.15 - 7.45pm   | Aubrey Maasdorp     |
| ● GENERAL       | 6.30 - 8.00pm   | Penny Chaplin       |
| ● BEGINNERS     | 7.45 - 9.15pm   | Hazel Sainsbury     |
| ● INTRO COURSE* | 8.00 - 9.15pm   | Aubrey Maasdorp     |

### Thursday

|                 |                 |                            |
|-----------------|-----------------|----------------------------|
| ● GENERAL       | 9.30 - 11.00am  | Kate Rathod                |
| ● BEGINNERS     | 10.00 - 11.30am | Korinna Pilafidis-Williams |
| ● INTERMEDIATE  | 11.45 - 1.45am  | Richard Agar Ward          |
| ● GENERAL       | 2.00 - 3.30pm   | Penny Chaplin              |
| ● BEGINNERS     | 4.00 - 5.30pm   | Patsy Sparksman            |
| ● INTERMEDIATE  | 6.30 - 8.30pm   | Alaric Newcombe            |
| ● BEGINNERS     | 6.30 - 8.00pm   | Megan Inglesent            |
| ● INTRO COURSE* | 8.00 - 9.15pm   | Megan Inglesent            |

### Friday

|                             |                 |                     |
|-----------------------------|-----------------|---------------------|
| ● EARLY MORNING             | 7.00 - 8.30am   | Amparo Rodriguez    |
| ● INTERMEDIATE              | 9.30 - 11.30am  | Penny Chaplin       |
| ● BEGINNERS                 | 10.00 - 11.30am | Marco Cannavo       |
| ● 60+                       | 11.45 - 1.15pm  | Joyce Furrer        |
| ● GENERAL                   | 12.00 - 1.30pm  | Marco Cannavo       |
| ● GENERAL                   | 6.15 - 7.45pm   | Elisabeth Wengersky |
| ● RESTORATIVE/<br>PRANAYAMA | 6.30 - 8.00pm   | Various             |

### Saturday

|                 |                 |                   |
|-----------------|-----------------|-------------------|
| ● BEGINNERS     | 8.15 - 9.45am   | Amparo Rodriguez  |
| ● GENERAL       | 8.30 - 10.00am  | Rosemary da Silva |
| ● INTERMEDIATE  | 10.00 - 12.00pm | Judy Lynn         |
| ● BEGINNERS     | 12.15 - 1.45pm  | Stuart Miller     |
| ● INTRO COURSE* | 2.00 - 3.15pm   | Stuart Miller     |
| ● GENERAL       | 3.30 - 5.00pm   | Aubrey Maasdorp   |
| ● BEGINNERS     | 5.00 - 6.30pm   | Megan Inglesent   |

### Sunday

|                |                 |                        |
|----------------|-----------------|------------------------|
| ● BEGINNERS    | 9.00 - 10.00am  | Kristyan Robinson      |
| ● BEGINNERS    | 9.30 - 11.00am  | Rosemary da Silva      |
| ● INTERMEDIATE | 10.15 - 12.15pm | Alaric Newcombe        |
| ● GENERAL      | 12.30 - 2.00pm  | Alaric Newcombe        |
| ● PREGNANCY    | 3.00 - 4.30pm   | Harshini Wikramanayake |
| ● BEGINNERS    | 5.00 - 6.30pm   | Khaled Kendsi          |
| ● GENERAL      | 6.30 - 8.00pm   | Barbara Norvell        |

Check online for live timetable updates and prices

\* For Introduction to Iyengar Yoga, Remedial and Children's/Teenagers Courses please find details and dates online at [iyymv.org](http://iyymv.org)



[iymv.org](http://iymv.org)

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## Which is the right class for you?

### ● Introduction to Iyengar Yoga

A six week course that takes you through the basics of Iyengar yoga. Ideal if you're completely new to yoga or have tried other forms of yoga but are new to the Iyengar method. *Find course dates and details at [iyi.org.uk](http://iyi.org.uk)*

### ● Beginners

Recommended for new students and people with up to two years' experience of Iyengar yoga.

### ● General

Suitable for students who have been attending Iyengar yoga classes regularly for at least two years. You will work more intensively than at Beginners' level and practise a wider range of poses.

### ● Intermediate

For students with four years or more experience of Iyengar yoga who have established an independent practice and can maintain a stable head and shoulder balance for five minutes.

### ● Pregnancy

Taught by an expert Pregnancy teacher, this class will help prepare your body for labour and relieve pains, tiredness and tension. *Read more about Pregnancy yoga at [iyi.org.uk](http://iyi.org.uk)*

### ● 60+

A specialist class for people aged 60 and over to help you maintain flexibility and stamina.

### ● Gentle

For students with minor physical ailments, pain and age-related challenges, with at least 1 year's recent regular practice of Iyengar yoga. Presently only open to students with health issues, on consultation with the teacher.

### ● Children & Teenagers

For ages six to seventeen and bookable in advance. *Find dates and booking details at [iyi.org.uk](http://iyi.org.uk)*

### ● Restorative/Pranayama

Yogic breathing class for students with at least two years' or more Iyengar yoga experience.

### ● Remedial

This class is for people with a minimum of 6 months' Iyengar yoga experience who need special work for back, neck, shoulder or knee problems. This class is taught in small groups and is by application only. *Find details and application form online at [iyi.org.uk](http://iyi.org.uk)*

### ● Teacher training

Our respected teacher training programme leads to certification as a teacher of Iyengar yoga by the Iyengar Yoga Association (UK). We also offer higher level teacher training for qualified Iyengar yoga teachers. *Find details online at [iyi.org.uk](http://iyi.org.uk)*

### ● Teachers Class

For qualified Iyengar yoga teachers.