### 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 - 1.45pm  
  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  
  Ainhoa Acosta

### 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/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*** 3.30 - 5.00pm  
  Stuart Miller
- **BEGINNERS** 5.00 - 6.30pm  
  Aubrey Maasdorp
- **BEGINNERS** 8.00 - 9.15am  
  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  
  Hardini Wikramanayake
- **BEGINNERS** 5.00 - 6.30pm  
  Khaled Kendsi
- **GENERAL** 6.00 - 7.30pm  
  Barbara Norvell

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

- **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.

- **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 iymv.org](http://iymv.org)

- **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 iymv.org](http://iymv.org)

- **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 iymv.org](http://iymv.org)

- **Teachers Class**
  For qualified Iyengar yoga teachers.

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

**Restorative/Pranayama**
Yogic breathing class for students with at least two years’ or more Iyengar yoga experience.

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