

### 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	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*	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	6.00 - 7.30pm	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 [iyvmv.org](http://iyvmv.org)

# IYENGAR YOGA

London · Maida Vale



## iymv.org

Iyengar Yoga London Maida Vale  
223a Randolph Avenue  
London W9 1NL

020 7624 3080  
office@iyi.org.uk

## Which is the right class for you?

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### ● 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)*

### ● 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)*

### ● 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 [iymv.org](http://iymv.org)*

### ● 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 [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.