

## 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 - 5.55pm	Korinna Pilafidis-Williams
● TEENAGERS*	5.00 - 5.55pm	Harshini Wikramanayake
● INTRO COURSE*	6.30 - 7.45pm	Judy Lynn
● GENERAL	6.30 - 8.00pm	Korinna Pilafidis-Williams
● BEGINNERS	8.00 - 9.30pm	Judy Lynn

## Tuesday

● GENERAL	9.30 - 11.00am	Ofra Graham
● BEGINNERS	11.15 - 12.45pm	Ofra Graham
● REMEDIAL*	1.00 - 2.30pm	Judy Smith
● INTERMEDIATE	6.15 - 8.15pm	Johanna Heckmann-Mohan
● BEGINNERS	6.15 - 7.45pm	Barbara Norvell
● GENERAL	7.45 - 9.15pm	Barbara Norvell

## Wednesday

● BEG/GENERAL	7.00 - 8.15am	Amparo Rodriguez
● GENERAL	10.00 - 11.30am	Elisabeth Wengersky
● BEGINNERS	11.45 - 1.15pm	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

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.

## Thursday

● BEGINNERS	9.30 - 11.00am	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

● 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
● PRANAYAMA	5.00 - 6.30pm	Johanna Heckmann-Mohan
● GENERAL	6.15 - 7.45pm	Elisabeth Wengersky
● PRANAYAMA	6.30 - 8.00pm	Johanna Heckmann-Mohan

## Saturday

● BEGINNERS	8.15 - 9.45am	Amparo Rodriguez
● GENERAL	8.30 - 10.00am	Rosemary da Silva
● INTERMEDIATE	10.00 - 12.00pm	Judy Lynn
● BEG/GENERAL	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	9.30 - 11.00am	Rosemary da Silva
● INTERMEDIATE	10.00 - 12.00am	Alaric Newcombe
● GENERAL	12.30 - 2.00pm	Alaric Newcombe
● PREGNANCY	3.00 - 4.30pm	Indira Lopez-Bassols
● BEGINNERS	5.00 - 6.30pm	Kate Rathod
● GENERAL	6.30 - 8.00pm	Kate Rathod



[iyi.org.uk](http://iyi.org.uk)

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## 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 [iyi.org.uk](http://iyi.org.uk)

### ● Beginners

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

### ● Beginners/General

For students with 6 months or more 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.

### ● Teachers Class

For qualified Iyengar yoga teachers.

### ● Gentle

A Beginners level class suitable for all ages.

### ● 60+

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

### ● 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)

### ● Children & Teenagers

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

### ● 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)