



Dear Friends,

Member of the Iyengar Yoga

Iyengar Yoga Classes at the Odney Club, Odney Lane, Cookham, SL6 9SR.

Beginners and continuing beginners classes taught by a qualified Iyengar Yoga teacher will be running on Monday evenings (7- 8.30pm ) and Saturday mornings (0900-1030 ) in the conference centre at the Odney Club.

The cost for each one and a half hour class paid in advance will be **£9** or **£11** drop-in rate per class. If you wish to attend both classes every week there is a further reduction for advance payment to £8 per class. All the equipment you need is kindly provided by the club, though you may wish to bring your own blanket. Do please alert me to any health problems you may have at the beginning of the class or my phone or email in advance, and for obvious reasons, avoid a heavy meal beforehand.

Iyengar Yoga is a system developed by Mr B.K.S Iyengar from a lifetime of intensive practice, study and teaching. Precise posture and breathing techniques allied to a firm philosophical base lie at its heart. Yoga both relaxes and energizes the body and mind and brings vitality, flexibility, strength, concentration, self-confidence and mental calm. And it is suitable for men and women of all ages. Now in his 90s, Mr Iyengar is as alert and sprightly as ever and continues to practise daily at his home in Pune, India. You will be coming to my classes in the knowledge that you are about to embark on a system of teaching that is methodical and progressive and has a strong emphasis on correctness and safety.

The dates for this term are:

### **Saturdays**

**Jan:** 7, 14, 21, 28.

**Feb:** 4, 11, 18, 25.

**Mar:** (No lesson on 10th), 17, 24, 31

### **Mondays**

**Jan:** 9, 16, 23.

**Feb:** 6, 13, (No lessons on 20th February or 27th February)

**Mar:** 5, 12, 19, 26.

Please call if you need further information. Thank you for your kind support.

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