

# MANCHESTER AND DISTRICT IYENGAR YOGA: TIMETABLE 7 SEPTEMBER – 2 OCTOBER 2020

## CLASSES AT MDIY

Monday	Tuesday	Wednesday	Thursday	Friday
<b>GENERAL</b> 10:15 - 11:45 Margaret Walker <i>Maslen Hall</i>	<b>GENERAL</b> 10:30 - 12:00 Clare Tunstall <i>Maslen Hall</i>	<b>INTERMEDIATE</b> 9:45 - 11:45 Jill Johnson <i>Maslen Hall</i>	<b>BEGINNERS</b> 13:00 - 14:30 Rachel Preston <i>Maslen Hall</i>	<b>GENERAL</b> 10:00 - 11:30 Julie Howarth <i>Maslen Hall</i>
<b>BEGINNERS</b> 18:00 - 19:30 Debbie Wilkinson <i>Booth Hall</i>	<b>BEGINNERS</b> 18:15 - 19:45 Sarah Franklin <i>Booth Hall</i>	<b>GENERAL</b> 11:00 - 12:30 Kim Skinner <i>Booth Hall</i>	<b>GENERAL</b> 18:00 - 19:30 Julie Royle <i>Maslen Hall</i>	
<b>INTERMEDIATE</b> 19:00 - 21:00 Debbie Bartholomew <i>Maslen Hall</i>	<b>GENERAL</b> 19:30 - 21:00 Rita Mori <i>Maslen Hall</i>	<b>GENERAL</b> 19:15 - 20:45 Julie Howarth <i>Maslen Hall</i>	<b>TEACHER TRAINING</b> 18:30 - 21:00 Teacher Trainers <i>Booth Hall</i>	
		<b>GENERAL</b> 20:00 - 21:30 Charlotte Everitt <i>Booth Hall</i>		

	Members	Non-members
Beginners (1.5 hours)	£7.00	£10.00
General (1.5 hours)	£7.00	£10.00
Intermediate (2 hours)	£8.00	£10.00
Teachers - Monday	£9.00	-
Teachers - Friday	£10.00	-
Teacher Training	£11.00	-
Online	£5.00	-

**Please Note:** Classes must be booked in advance – preferably online at [www.manchesteryogayoga.org.uk/list-of-classes/](http://www.manchesteryogayoga.org.uk/list-of-classes/) . Or contact the teacher to book a place.

### BEGINNERS

These classes are suitable for those who have completed the foundation course, beginner students and those with less than 2 years' experience. A greater range of basic postures will be introduced, to build strength and flexibility.

### GENERAL

These classes introduce a wider range of postures and are suitable for students with over 2 years' experience. Time spent in the postures will be increased to further develop stamina & strength.

### INTERMEDIATE

Alongside the basic postures, a more demanding and complex range of postures will be taught. Intermediate class is suitable for those with at least three years consistent attendance of Iyengar yoga classes, who practise at home and are able to do a steady head balance for at least 5 minutes.

## ONLINE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>TEACHERS</b> 12:45 - 14.15 ** Julie Brown	<b>GENERAL</b> 12:30 - 13:45 Clare Tunstall		<b>GENERAL</b> 07:00 - 08:15 Alison Wright	
<b>GENERAL</b> 17:30 - 18:45 Debbie Bartholomew			<b>BEGINNERS</b> 19:00 - 20:15 Vanita Mistry	

\*\* No class 7<sup>th</sup> September