

MANCHESTER AND DISTRICT IYENGAR YOGA: TIMETABLE 4 – 29 JANUARY 2021

ONLINE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TEACHERS 12:45 - 14:15 Julie Brown	GENERAL 12:30 - 13:45 Nicky Wright	INTERMEDIATE 9:45 - 11:45 Jill Johnson	GENERAL 08:45 - 10:15 Alison Wright	GENERAL 10:00 - 11:30 Julie Howarth/Sarah Barber	CHILDREN'S 10:00 - 10:45 Various teachers
BEGINNERS 18:00 - 19:30 Debbie Wilkinson	GENERAL 19:00 - 20:30 Rita Mori	BEGINNERS 17:30 - 19:00 Kim Skinner	INTRODUCTION TO IYENGAR YOGA 19:00 - 20:30 Vanita Mistry	TEACHERS 12:30 - 14:30 Various teachers	
INTERMEDIATE 19:00 - 21:00 Debbie Bartholomew		GENERAL 19:15 - 20:45 Julie Howarth		RECUPERATIVE * 18:00 - 19:00 Joan Abrams / Kim Skinner	

	Members	Non-members
Teachers - Monday	£9.00	-
Teachers - Friday	£10.00	-
Introduction to Iyengar yoga	£6.50	£6.50
Online (1 - 1.25 hours)	£5.00	-
Online (1.5 hours)	£6.00	-
Online Intermediate (2 hours)	£8.00	-
Children's	£2.00	-

Please Note: Classes must be booked in advance at www.manchesteryogayoga.org.uk/list-of-classes/

All online classes are for MDIY members only, except the Introduction to Iyengar yoga class.

The teacher will send you the Zoom link in advance of the class – if you haven't received this, please check whether you have actually booked! The teacher's phone number can be found on the class details page if you haven't received the link 15 minutes before class begins

* **Recuperative Class** runs twice monthly, on the second & fourth Friday of the month

