

Monday

INTERMEDIATE	12:30 - 2:30PM	Stephen Richardson
BEGINNERS	6:15 - 7:45PM	Ainhoa Acosta
INTRO COURSE*	8:00 - 9:15PM	Ainhoa Acosta

Tuesday

GENERAL	9:30 - 11:00AM	Megan Inglesent
BEGINNERS	11:30 - 1:00PM	Megan Inglesent
REMEDIAL*	1:15 - 2:45PM	Judy Smith
GENERAL	6:30 - 8:00PM	Harshini Wikramanayake

Wednesday

EARLY MORNING	7:30 - 9:00AM	Amparo Rodriguez
GENERAL	10:00 - 11:30AM	Judy Lynn
BEGINNERS	12:00 - 1:30PM	Judy Lynn
INTRO COURSE*	6:15 - 7:30PM	Hazel Sainsbury
BEGINNERS	7:45 - 9:15PM	Hazel Sainsbury

Thursday

BEGINNERS	10:00 - 11:30AM	Jackie McCaul
MS*	12:00 - 1:30PM	Korinna Pilafidis-Williams
INTERMEDIATE	6:30 - 8:30PM	Kate Rathod

Friday

GENERAL	10:00 - 11:30AM	Marco Cannavo
BEGINNERS	12:00 - 1:30PM	Marco Cannavo

Saturday

BEGINNERS	8:30 - 10:00AM	Hazel Sainsbury
INTRO COURSE*	10:30 - 11:45AM	Stuart Miller
BEGINNERS	12:15 - 1:45pPM	Stuart Miller
GENERAL	3:30 - 5:00PM	Keiko Onishi

Sunday

BEGINNERS	9:30 - 11:00AM	Kristyan Robinson
INTERMEDIATE	11:30 - 1:30PM	Sophie Carrington
PREGNANCY*	3:30 - 5:00PM	Harshini Wikramanayake
BEGINNERS	5:30 - 7:00PM	Khaled Kendsi



**EXCELLENT IYENGAR YOGA TEACHING
AT ITS ORIGINAL LONDON HOME**

Monday

PRANAYAMA	8:00 - 9:00AM	Richard Agar-Ward
GENERAL	10:00 - 11:30AM	Amparo Rodriguez
GEN/INT	12:30 - 2:00PM	Judy Smith
GENERAL	6:30 - 8:00PM	Korinna Pilafidis-Williams

Tuesday

BEG/GEN	8:30 - 9:30AM	Aubrey Maasdorp
INTERMEDIATE	6:00 - 8:00PM	Marco Cannavo

Wednesday

BEGINNERS	8:00 - 9:00AM	Kristyan Robinson
GENERAL	10:00 - 11:30AM	Judy Lynn
GENTLE	10:30 - 12:00PM	Rosemary da Silva
GEN/INT	6:00 - 7:30PM	Penny Chaplin

Thursday

GENERAL	10:00 - 11:30AM	Kate Rathod
INTERMEDIATE	2:30 - 4:30PM	Penny Chaplin
BEG/GEN	6:30 - 8:00PM	Megan Inglesent

Friday

GENERAL	10:00 - 11:30AM	Marco Cannavo
GENTLE	10:30 - 12:00PM	Rosemary da Silva
GEN/INT	6:00 - 7:30PM	Penny Chaplin

Saturday

GENERAL	8:30 - 10:00AM	Rosemary da Silva
GEN/INT	10:00 - 11:30AM	Judy Lynn

Sunday

INTERMEDIATE	10:00 - 12:00PM	Richard Agar Ward
GENERAL	11:30 - 1:00PM	Penny Chaplin
BEG/GEN	6:30 - 8:00PM	Harshini Wikramanayake

Iyengar Yoga London Maida Vale
 223a Randolph Avenue
 London W9 1NL
 020 7624 3080
 office@iyi.org.uk

 [instagram.com/iyengarlondon](https://www.instagram.com/iyengarlondon)
 [facebook.com/iyengarlondon](https://www.facebook.com/iyengarlondon)