

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<b>GENERAL</b> 10:15 - 11:45 Margaret Walker <i>Maslen Hall</i>	<b>WOMEN'S HEALTH</b> 10.15 - 11.45 Yelena Grigorenko <i>Booth Hall</i>	<b>INTERMEDIATE</b> 9:45 - 11:45 Julie Royle <i>Maslen Hall</i>	<b>GENERAL</b> 10:00 - 11:30 Alison Wright <i>Maslen Hall</i>	<b>INTERMEDIATE</b> 10:00 - 12:00 Julie Howarth <i>Maslen Hall</i>	<b>BEGINNERS</b> 9.30-11.00 Colin Higgins <i>Maslen Hall</i>
<b>TEACHERS - F2F + ONLINE</b> 12:45 - 14.45 Julie Brown <i>Maslen Hall</i>	<b>GENERAL</b> 10:30 - 12:00 Nicky Wright <i>Maslen Hall</i>	<b>WOMEN</b> 10:30 - 12:00 Susie Savage <i>Booth Hall</i>	<b>EXPRESS</b> 12:00 - 12:45 Clare Tunstall <i>Maslen Hall</i>	<b>BACK/NECK CLASS</b> 10.15 - 11.45AM Yelena Grigorenko <i>Booth Hall</i>	
<b>ONLINE - GENERAL</b> 17:30 - 19:00 Debbie Bartholomew <i>Online</i>	<b>REMEDIAL</b> 12:15 - 13:45 Yelena Grigorenko <i>Booth Hall</i>	<b>BEGINNERS</b> 17:30 - 19:00 Julie Howarth <i>Maslen Hall</i>	<b>SLOWER PACED</b> 13:00 - 14:15 Alison Wright <i>Booth Hall</i>	<b>TEACHERS</b> 12:15 - 14:15 Senior Teachers <i>Maslen Hall</i>	
<b>INTERMEDIATE</b> 19:15 - 21:15 Debbie Bartholomew <i>Maslen Hall</i>	<b>GENERAL</b> 19:00 - 20:30 Rita Mori <i>Maslen Hall</i>	<b>GENERAL</b> 19.30 - 21.00 Julie Howarth <i>Maslen Hall</i>	<b>GENERAL</b> 18:00 - 19:30 Julie Royle <i>Maslen Hall</i>	<b>ONLINE - RECUPERATIVE *</b> 18:00 - 19:00 Joan Abrams/Alison Wright <i>Online</i>	
<b>GENERAL - F2F + ONLINE</b> 19:15 - 20:45 Debbie Wilkinson <i>Reed Studio</i>			<b>BEGINNERS</b> 19:30 - 21:00 Sarah Franklin <i>Maslen Hall</i>	<b>ONLINE - PRANAYAMA **</b> 18:00 - 19:00 Clare Tunstall <i>Online</i>	
<b>BEGINNERS</b> 19:30 - 21:00 Vanita Mistry <i>Booth Hall</i>			<b>TASTER CLASSES</b> 19:15 - 20:45 Colin Higgins <i>Booth Hall</i>		
			<b>MEN</b> 19:30 - 21:00 Anil Singh <i>Reed Studio</i>		

All classes are face to face at MDIY **only**, unless specified in the timetable above

Classes	Members	Non-members	Block booking
Online class (1 hour)	£6.00	£12.00	-
Online class (1 ½ hour)	£8.50	£12.00	£60 (10 weeks)
In-person class (1 1/2 hour or 1.25 hour)	£8.50	£12.00	£60 (10 weeks)
Slower paced class suitable for ME/ CFS	£8.50	£12.00	£60 (10 weeks)
2 hour class (Intermediate)	£9.50	£12.00	£70 (10 weeks)
Foundation (absolute beginners)	-	-	£70 (10 weeks)
Teachers (Monday) - at MDIY or online	£10.00	£12.00	£70 (10 weeks)
Teachers (Friday)	£10.00	£12.00	£75 (10 weeks)
Express class	£5.00	£6.00	-
Remedial	-	-	£100 (10 weeks)

## FOUNDATION

This 10-week course is suitable for you if you have no previous experience of yoga. The course is designed to provide an introduction to the basic postures and principles of Iyengar yoga.

## 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, including inverted poses such as shoulderstand and headstand, 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.

## SLOWER PACED CLASSES

These classes are suitable for you if you are unable to participate in general classes due to physical problems such as fatigue. They are sensitively taught by teachers with many years' experience and use a wide range of helpful props.

## Your Questions

### How does membership work?

Membership is annual and costs £25 per year. Membership starts from the day you join.

You are welcome to try out up to 4 classes as a non-member before joining, but we do ask you to join if you plan to attend classes regularly; MDIY is a members' organisation, run by its members for its members.

Members get discounts on class block bookings and on events, as well as automatic membership of IY(UK).

### What should I wear?

There are no special yoga clothes, just clothes that are comfortable and allow you to move your arms and legs freely. Many students find leggings, shorts and t-shirts to be the most comfortable clothes to wear.

Yoga is always practised in bare feet. Please leave your shoes outside the hall.

### Can I eat before class?

Yoga poses are more comfortable when practised on an empty stomach, so try to leave 3-4 hours after a main meal or 2 hours after a light snack.

### Do I need to book classes in advance?

We do suggest you book in advance. That way you will find out about any current benefits or offers, and it works out much cheaper to do so. It is also useful for the teacher to be aware of participant numbers in advance (see our 'Bookings' section for more information). We do understand, though, that it's not always possible to book classes in advance, so all of our classes can be attended on a drop-in basis.

### I've got some physical/medical problems, will yoga help?

Regular practice of yoga can be extremely beneficial for a wide range of conditions, but we also offer a specific Remedial Class where students follow an individually tailored and supervised programme. If you have not attended the centre before, we request that you fill in and sign a Medical Declaration form and bring it to your first class. If you have any of the conditions detailed on the form, your teacher will advise you.

### Can I do yoga while pregnant?

If you have been coming to classes with us for a while, you can still attend your regular class throughout your pregnancy. Just make sure that your teacher is aware so that they can adapt the poses for you. If you are a new student, or are thinking of joining a class, there may be a more gentle class that would suit you, but please contact us to discuss further.

### Will everyone be young and fit?

Iyengar Yoga is for everyone irrespective of age, gender, health, religion and circumstances in life. Yoga is not competitive, so you will not be comparing yourself with others in the class. Iyengar Yoga uses equipment to enable students to develop strength, flexibility and control in a posture.

### What can I expect in an Iyengar yoga class?

You will be introduced to the basic asanas (postures), which will include standing, sitting and recuperative poses. All the asanas have Sanskrit names, but the teacher will demonstrate, so you will follow easily. The teacher will help you use yoga props such as belts and blocks to help you achieve the postures to the best of your ability.

All the asanas have different effects on the body and mind. The basic postures build strength and stamina, improve muscular tone, flexibility and alignment. Practising them will reduce tiredness and soothe the nerves. It also trains and disciplines the mind, so concentration is improved.

If you are menstruating there are certain postures that are not suitable, so please consult the teacher before the class starts.

### What else do I need to know?

We would be very grateful if you could bear a few points in mind so that everyone can enjoy the full benefits of the centre:

- Please switch off your mobile phone before you enter the building.
- Please don't bring any food or drink into the yoga studios.
- Please don't wear strong smelling perfumes, deodorants or aftershave.
- Please treat any infectious foot conditions such as verrucas and athletes' foot.
- Please keep jewellery to a minimum.
- Please don't come into the studio during the invocation at the start of class if you arrive late.
- Please DO return any equipment used during a class neatly and safely to the storage area.

### How do I find you?

The main entrance is situated on Cecil Street.

The centre is 150 metres from Dukinfield Town Hall on King Street. There is a large pay and display car park behind the town hall. It takes cash and card payments.



# MANCHESTER AND DISTRICT IYENGAR YOGA

[www.manchesteriyengaryoga.org.uk](http://www.manchesteriyengaryoga.org.uk)

134 King Street, Dukinfield SK16 4LG

Tel: 0161 339 0748 (answerphone)

07747200411 mobile

Email: [info@mdiiy.org.uk](mailto:info@mdiiy.org.uk)

